

Can text messages really improve mental health?

6 MONTHS
FREE

With just one text a day, Cope Notes can train your brain to combat stress, anxiety, loneliness, depression, and more.

Peer Support

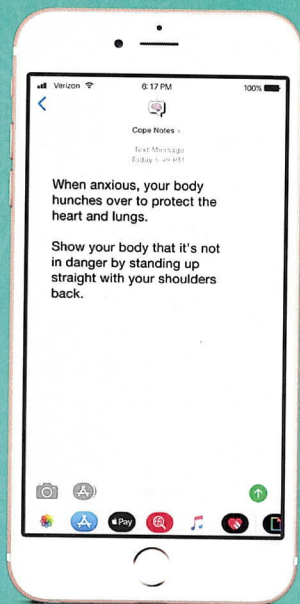


Relatable messages written by people who understand

Positive Psychology



Exercises, tips, & prompts reviewed by clinicians



Brain Training

Daily interruptions to negative thought patterns



Digital Journaling

Text journaling to improve emotional IQ & awareness

100% anonymous and confidential

HOW TO SIGN UP

COPE NOTES
DAILY MENTAL HEALTH SUPPORT



Enter your phone number at copenotes.com/redeem



Use the redemption code **HARDEE**



Enjoy daily support and encouragement for free!