

AI-Powered Therapist / Coach for Mental & Emotional Wellbeing

Serving a **\$186Bn** Market

DOWNLOAD test App from:
alkistis.net/Ally.html



All over the world over 550 million people suffer with symptoms of :

- Anxiety & Depression
- Indecision & Excessive Worrying
- Compulsive Thoughts
- Restlessness
- Loneliness & Isolation

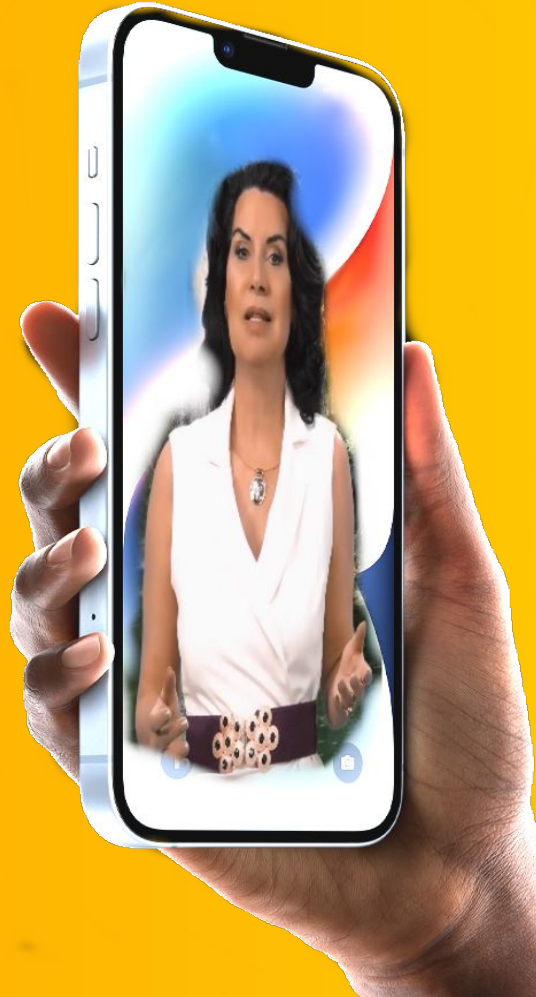
Increased urbanization, socioeconomic stressors, social media, loneliness and isolation are only a few of the factors increasing the need for Mental Health services and therapy.

Help however, is hard to come by.

- It's expensive and not an option for many people.
- It's not available on-demand, like late at night when most needed.
- It carries a stigma for many people who do not want to be seen as needing help.



This is the void that **ALLY** seeks to fill.



ALLY is a mobile application which can act as a personal Coach and Therapist, using a Human avatar.

- It is available 24/7 for endless sessions.
- It is based on CBT & Stoicism
- It costs almost nothing compared to actual therapy
- It keeps your secrets.

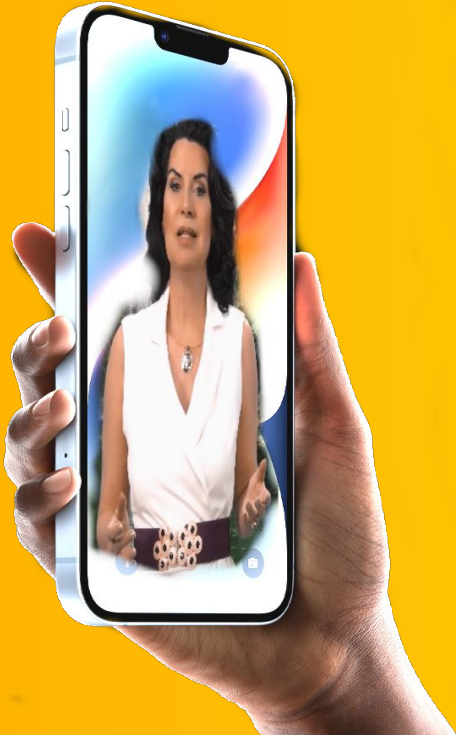




What will make **ALLY** different ?

- It will be targeted specifically towards Mental Health coaching, using CBT*
- It will have an actual Human avatar interface, which is more personal. There will be a selection of Avatars to choose from making the experience more life like.

(*) Cognitive behavioral therapy (CBT) is versatile form of therapy that can treat a wide range of mental health conditions, such as anxiety, depression, PTSD, OCD, eating disorders, substance abuse, etc. It is APPROVED and applied by the National Health Services of Britain, Canada, US and most countries. It has a long history, holding its roots in the Socratic Method and Stoicism.

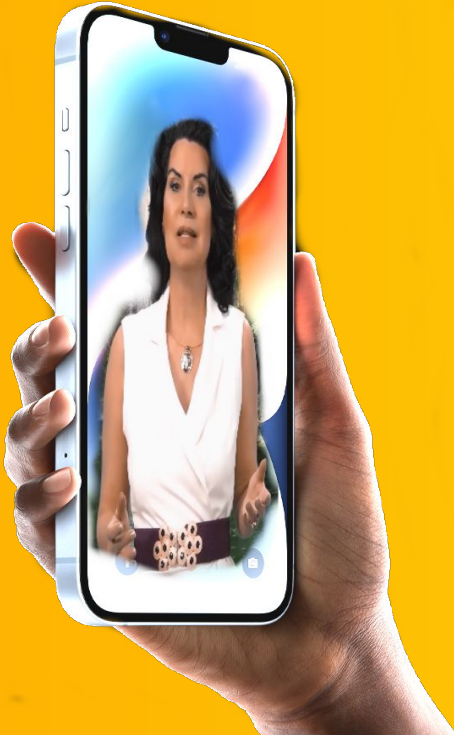




Competition

The field of AI Applications based on ChatGPT is currently exploding. The time for such an App is now. There are no Human Avatar Apps developed yet. Some of the competition includes:

- MIND-SPA: Relaxing Music & Sounds only
- RISE-APP: Sleep Tracking
- LIMBIC: A.I. Info gathering for Therapists
- WOEBOT: A.I. bot, text only
- CLARE: A.I. bot, text only with "mood-tracker"
- WYSA: A.I. bot, text only





Development Cost

Although there is already an MVP to demonstrate the basic app. The starting cost of developing a fully functioning, viable mobile application is envisioned as follows :

● Design and Development of App	30,000
● Testing and Debugging	10,000
● Deployment and maintenance	15,000
● Marketing	25,000
Total (Euros)	80,000



Revenue generation :

The App will be marketed as “Free” with “In-App Purchases”. The Free version will allow for 1 hour of access per Week, and the Paid versions will increase this in stages, to unlimited.

Extra (paid) features can be added in the future, such as :

- Guided Meditations for Deep Relaxation, Sleep, Motivation and more
- Daily Gratitude Journal and Motivational Quotes
- Reminders for Medicines, Appointments, etc



Your Partner - Alkistis Agio

I am a Coach, Public Speaker, Author and Corporate Trainer with over 20 years experience.

You can find my full biography at my website, at <https://www.alkistis.net/biography.html>

"Alkistis you are a hero to me. I hope you see me as a representative of your book, FROM FEAR TO FREEDOM represents the values I believe in. "

Steve Wosniak, Co-founder APPLE