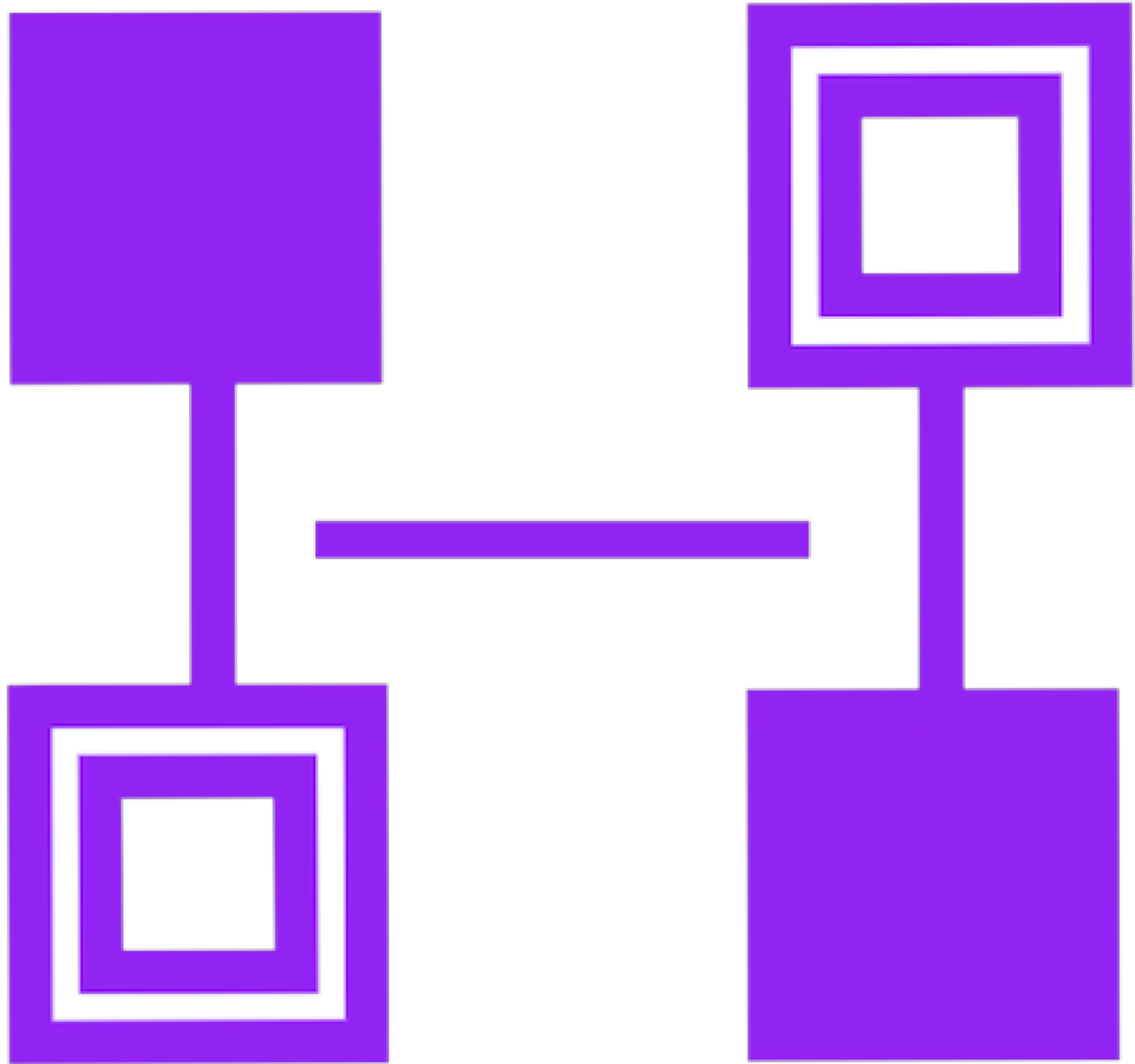


Introducing Haven Now: A Breakthrough App for Mental Health Peer Support



Atlanta, Georgia Jun 26, 2023 ([Issuewire.com](https://www.issuewire.com)) - Today we are excited to announce the launch of Haven Now, a revolutionary group video app designed specifically for individuals suffering from mood disorders or dealing with other mental health issues. Developed with a deep understanding of the unique challenges faced by those seeking support, Haven Now aims to provide a safe and inclusive virtual space for meaningful connections and healing.

Living with mental health conditions can often be isolating, but Haven Now aims to bridge that gap by offering a transformative platform where individuals can find solace, build connections, and engage in empowering conversations with others who share similar experiences. With the power of technology, we are proud to introduce a game-changing solution that can positively impact lives across the US and Canada, and ultimately across the globe.

Key Features of Haven Now:

- **Safe and Confidential Environment:** Haven Now prioritizes user privacy, anonymity, and security. Users can remain anonymous on the platform. All conversations are encrypted, ensuring a safe space where individuals can openly express themselves without fear of judgment or recrimination.
- **Moderated Groups:** To maintain a supportive and constructive environment, Haven Now features moderators who oversee group discussions and ensure that conversations remain respectful and beneficial for all participants.
- **Diverse Communities:** Haven Now offers the creation of a wide range of groups tailored to specific mental health conditions and preferences, allowing individuals to connect with others who understand their unique challenges. From anxiety and depression to bipolar disorder, and beyond, sexual preference, gender identity, age, etc., Haven Now's diverse communities provide a sense of belonging and understanding.
- **Video Support Groups:** Through high-quality video calls, users can participate in anonymous support group sessions from the comfort of their own homes, which is proven to increase people's participation in support groups. The app's intuitive interface allows for seamless navigation and easy participation in group discussions.
- **Resource Sharing:** Haven Now acts as a comprehensive hub of mental health resources, providing users with access to Mood Tracking, Depression Assessment tools, Anxiety Assessment tools, Self-Esteem assessment tools, as well as educational materials, coping strategies, and other practical tools to manage their conditions effectively in a future release.

As we continue to navigate the challenges posed by the global pandemic, mental health support has become more crucial than ever. Haven Now offers a timely solution for those seeking peer support, understanding, and hope, without the limitations of physical proximity.

"We created Haven Now to address the unmet need for a secure and empowering platform where individuals with mental health challenges can connect and support one another," said Hayes Helsper, Co-Founder and Chief Product Officer. "We strongly believe that no one should face their mental health journey alone, and we are committed to providing a safe haven for individuals to find solace, strength, and inspiration. Our focus is not on having a thousand acquaintances but rather prioritizing meaningful, quality relationships."

Haven Now is now available for download in the Apple App Store free of charge and will soon be available for Android devices. Haven Now is free to use for the first year and offers various subscription choices for access to extended group video meeting options. For more information, please visit our website at www.havennow.org.

Haven Now: Building Community One Group at a Time

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