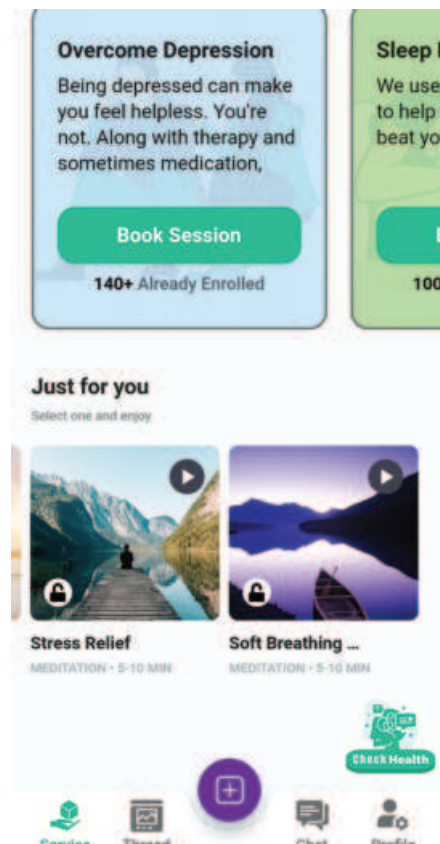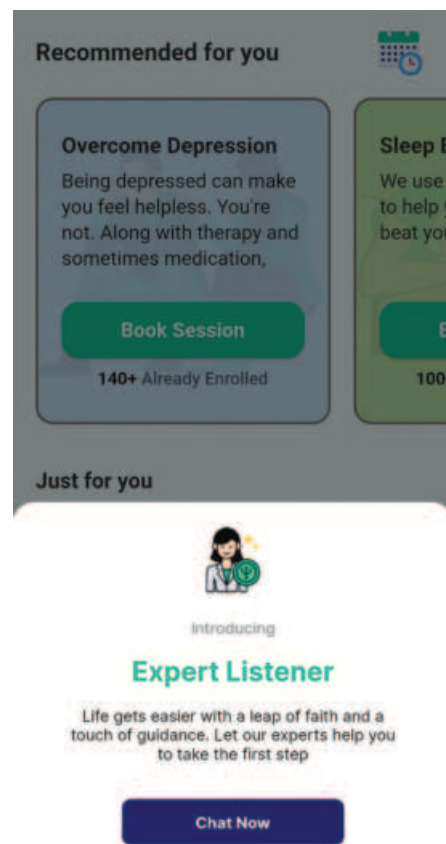# RELAXY
The mental health platform that's here to help

FARHAN MUSHFIQUE

Mental health is an important aspect of everyone's life. While there has been a notable increase in mental health awareness in the last few years in Bangladesh, there is still a significant amount of the population that doesn't address problems related to it. Unfortunately, not everyone has easy access to mental health facilities and therapy, which makes the need for a reliable and alternative mental health platform even more critical.

Relaxy, a locally-based mental health app, aims to provide instant, affordable, and personalised mental health care all over Bangladesh. They officially launched last year in July and since then, the app has been downloaded over 25,000 times. With 11,000 active users and partnerships with Psychological Health and Wellness Clinic (PHWC) and Kaan Pete Roi – a local mental health support helpline, the platform is growing day by day.

The Relaxy app provides users with the option to connect with mental health professionals with more than five years of experience in the field. This feature enables individuals to receive personalised care and guidance from licenced professionals regardless of time and place. Relaxy also emphasises the importance of peer support and has created a supportive community

where users can connect and discuss mental health matters with peers in their network.

Being entirely online and incorporating evidence-based practises means that users can rest assured that the app has their best interests in mind. Additionally, Relaxy values user privacy, and all data including user information is kept confidential. Users also can post and share their problems anonymously which encourages them to seek mental help and guidance.

"More than 90% of people with mental health issues don't seek help because there is a stigma on mental health problems that exist in our country," said Jahnnobi Rahman, CEO and Co-Founder of Relaxy. "It inspired us to come forward with our community platform even though there were many challenges. Surviving in an unknown industry is one of the biggest challenges that we need to overcome to reach our goal."

Jahnnobi was recently named in the Social Impact category of the 'Forbes 30 Under 30 Class of Asia' for her co-founded startup Relaxy. Jahnnobi mentioned that this achievement would not have been possible without the help of her co-founders and colleagues. When asked about aspirations for the startup, she mentioned that Relaxy's plan is quite

simple at this moment. The app is now aiming to achieve 60,000 users by this year and planning to go global, so that it can also serve users from South Asian countries like Indonesia, Nepal, India and Singapore. They are very hopeful that it will not take much time to become one of the biggest mental health platforms in South Asia.

Relaxy is a mental health app that is designed to provide support for individuals suffering from different mental health conditions such as anxiety, depression, stress, insomnia, anger issues and more. It's geared towards helping users create a personalised self-care routine to manage their mental health and allows them to track and monitor their mental wellness. The app is intuitive and simple to navigate, allowing users to quickly access resources and content. It also provides daily reminders for taking medication or engaging in a mental health activity that the user has scheduled.

Relaxy also has a vast range of mental health resources available, including guided meditations, breathing exercises, chatting with experts, self-assessment, and many other self-care activities. The app provides users with the option to connect with mental health professionals via private calls. You can book a session

with a fee starting from BDT 450 per session, with each session lasting 40 minutes. This feature enables individuals to receive personalised care from licenced professionals without being worried about the cost.

Mysha Ahmed, a CSE major from RUET, is an active user of Relaxy. When asked about her experience, she said, "I love the chat feature, where you can talk with people with the same sense of thoughts and feelings". Another university student, Shahriar Mahmud, an IR major from BUP, said, "I was hesitant to try a mental health app but this one exceeded my expectations. It has helped me feel more in control of my mental health and has improved my quality of life". He added that Relaxy has been a lifesaver for him, as he was struggling with anxiety and depression, and this app gave him the tools and resources needed to manage certain symptoms.

Mental health is a sensitive topic, and access to reliable support is essential. If you are struggling with your mental health, there are many resources available to you. You can talk to a trusted friend or family member, seek professional help, or use a platform like Relaxy. It is important to remember that you are not alone, and there is help available - you just have to reach out and look for it.