

Mindspa adds more languages, reaches 1.2 billion first language speakers

Spanish and Japanese the new available languages for the mental health app



New York, New York City, Apr 8, 2021 ([Issuewire.com](https://www.issuewire.com)) - Mental health startup Mindspa, whose [mobile app](#) was launched in 2020 just weeks before the pandemic, continues to expand targeting **Japan** and **Spanish** speaking countries.

The move takes the number of available languages to 5 (English, Spanish, Italian, Russian & Japanese), making the app resources readily available to more than **1.2 billion first language speakers** and natives of more than **30 countries**.

The new focus on Oriental and Latin markets comes after 1 year of growth and excellent results for the **self-funded startup**.

The importance of **mental health** has been often discussed during the pandemic, and more people than ever before have relied on remote support due to social restrictions. In the toughest months, Mindspa provided **free resources** and **psycho-educational** courses to tens of thousands, helping its users to cope with fear and anxiety during lockdowns. Several studies have shown how **emotional distress** has increased dramatically in the past 13 months, regardless of demographics and social status, and the consequences of this can be long-lasting.

Maurizio Savino, Mindspa co-founder and CEO, commented:

"At Mindspa our ultimate goal is to make the world a better place, starting with helping individuals live better and happier lives, in particular those who are most vulnerable."

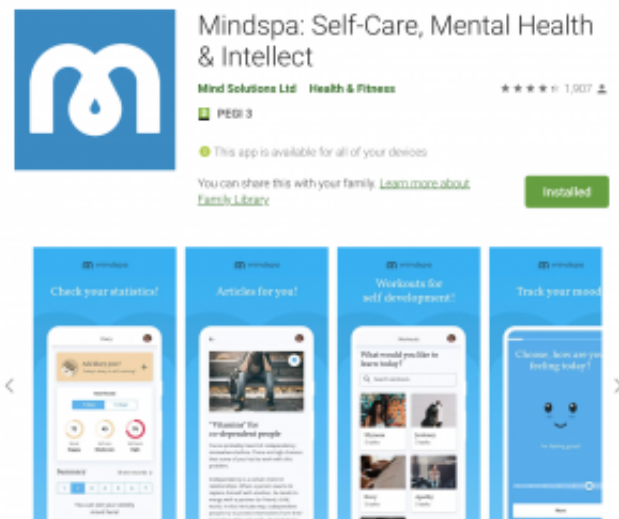
"Affordability and scalability are the foundation of our strategy. Increasing our reach to 1.2 billion first language speakers is a tremendous effort for our small team. This enables Mindspa to begin a true global expansion, following the path of more established brands such as Calm and Headspace, that are committed to promoting the benefits of meditation and mindfulness."

"Our move is bold and ambitious. We are dealing with pure psychology, we cover unpleasant topics and taboos, we teach coping techniques that go beyond meditation and mindfulness. Our product goes far and wide, giving support in numerous and diverse situations, many of which are subject to cultural nuances, hence for us it's paramount to detect and understand the needs of our users."

[Watch the Youtube video preview of the app](#)

The team behind [Mindspa](#) also believes in the need to provide remote and anonymous support to break the stigma associated with addictions and other compulsive behaviors. As an example, a few months ago, the team launched a second mobile app named '[Gambless](#)' offering free support to help people with a [gambling addiction](#). Watch the Youtube video preview of the app (<https://www.youtube.com/watch?v=QPySHaJ2tBo>)

Mindspa can be downloaded on [Google Play](#) and [App Store](#).



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