

Unlocking Mental Health: Mindspa Now Available in Ukrainian language

The mental health app Mindspa begins roll out to support Ukrainian people



Bansko, Blagoevgrad Apr 14, 2023 ([Issuewire.com](https://www.issuewire.com)) - [Mindspa](#), the cutting-edge [mental health app](#) launched in 2020, is proud to announce plans to expand its language offerings to include Ukrainian. This expansion aims to provide accessible mental health support to the Ukrainian-speaking community, especially in a country still torn from the consequences of war.

Millions of Ukrainians have faced significant challenges, including displacement and trauma, which have taken a toll on their mental health. Recognizing the importance of providing support in such circumstances, last year Mindspa immediately put together a team of Ukrainian therapists to support affected individuals in the Ukrainian language. While [many resources](#) are already available, the rollout of the mobile app in the Ukrainian language will be gradual, it will start with a small group of testers and it will conclude with full availability for all users.

With guided meditations, cognitive behavioral therapy exercises, and other evidence-based resources, [Mindspa](#) empowers users to develop healthy coping strategies, manage stress, and improve their overall well-being. By offering the app in Ukrainian, along with several other languages, Mindspa aims to bridge the language barrier and make mental health support more accessible to those who prefer to communicate in their native language.

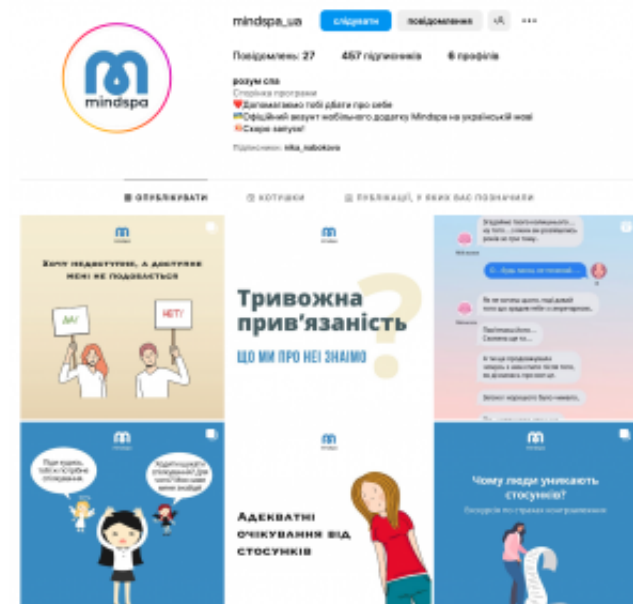
"At Mindspa, we understand the importance of cultural sensitivity in mental health support, especially in a country that has faced the challenges of war," says Maurizio Savino, CEO at Mindspa. "We are committed to providing a safe and supportive environment where individuals can find solace and support on their mental health journey."

Mindspa is also excited to announce the launch of its new Instagram page, [@mindspa_ua](https://www.instagram.com/mindspa_ua). This page will regularly share updates, tips, and information related to mental health, as well as inspiring success stories from Mindspa users. Mindspa invites everyone to join their Ukrainian community by following [@mindspa_ua](https://www.instagram.com/mindspa_ua) on [Instagram](https://www.instagram.com/), and to stay tuned for updates on the app's features, promotions, and other exciting news.

About Mindspa:

Mindspa is an innovative mobile app that offers evidence-based tools and techniques to support individuals in managing their mental health. With a comprehensive approach that includes guided meditations, CBT exercises, therapeutic courses, and more, Mindspa empowers users to develop healthy coping strategies, manage emotions, and improve their overall well-being. Mindspa is committed to providing accessible mental health support in multiple languages, including Ukrainian, to help individuals unlock their mental wellness. Download Mindspa today and take the first step towards prioritizing your mental well-being.

Mindspa is available for free on [Google Play](https://play.google.com/store/apps/details?id=com.mindspa) and [AppStore](https://apps.apple.com/ua/app/mindspa/id1544444444).



Media Contact

Mindspa: The Mental Health App

contact@mindspa.me

Source : Mindspa Health

[See on IssueWire](#)