

FREE AI App hailed as ‘game-changing’ as it Aims to Curb the Tidal Wave and Remove Barriers to Mental Health Support

With NHS Waitlists rising, concerns about mental health and the long-term impact of lack of support and early intervention are concerning, some would say it's a tidal wave heading for huge devastation.



London, United Kingdom Oct 22, 2024 ([IssueWire.com](https://www.issuewire.com)) - Lumii.life is launching its app for FREE to provide everyone with a new way to support their emotional well-being without a hefty price tag.

Lumii.life is an expert-approved, AI-powered mental health companion available 24/7, offering students a lifeline that listens, advises, and adapts to their needs in real-time.

Lumii.life is designed to provide real-time, personalised emotional support. By remembering past conversations, Lumii.life offers more relevant and tailored advice over time, helping users build resilience and manage their mental health challenges more effectively. Whether the user is dealing with social difficulties, work stress, or personal issues, Lumii.life is always there to listen to and support them.

Expert-Backed, Safe, and Secure

Emma Loker, Child & Adolescent Psychotherapeutic Counsellor and Lumii.Life's Resident Expert, emphasises the importance of expert-backed AI support:

"My focus has been on making sure that the support offered by Lumii.life is in line with the latest mental health regulations. Lumii.life equips people with the essential support to manage their mental health in immediate situations and provides strategies for long-term well-being. I have been working closely with the Lumii.life development team to ensure the responses are appropriate and aligned with expert advice. By teaching resilience and promoting healthy coping skills, Lumii.life is helping everyone, providing the support people need today and in the future."

Lumii.Life users can get support for up to ten chats per day for FREE without any subscription meaning that small challenges can be supported easily to prevent them becoming larger obstacles.

A Vision for Early Intervention

Laura Tristram, Co-Founder of Lumii.life, highlights the app's mission:

"Together, we developed Lumii.life—a powerful tool designed to empower anyone to impact their mental well-being positively. Lumii.life is not just an app; it is a lifeline, a proactive solution that ensures every voice is heard and immediate support is offered, meaning that their mental health is prioritised. Early intervention means that small challenges do not become huge obstacles."

"Lumii.life was created to meet an urgent need for better mental health support. We ask everyone to explore the FREE daily chats on Lumii.life and discover how it can help create a supportive and nurturing environment for everyone."

Everyone can take FREE advantage of 10 chats a day with Lumii.Life. This is an opportunity for anyone needing a little support to introduce a tool that provides emotional support and promotes lifelong coping strategies to help people navigate life's challenges.

You can download the app at www.lumii.life

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