

Revolutionizing Mental Health Support

Innerworld



Welcome to your mental health haven

Innerworld is where lives are transformed. Millions of people are unable to access or afford mental health help—we're changing that. Start feeling better today. Join us.

Innerworld Runs on Events

We host support groups, learning courses and social events, all focused on improving your mental well-being. Event topics include anxiety, depression, recovery, and more. Many are designed to teach science-backed mental health tools.

Our 175+ weekly events cover every time zone. Wherever you are, there's always an Innerworld event starting soon. Learn more on back side.

Events Are Run by Guides and Therapists

All events are led by trained Guides or licensed therapists. Guides are facilitators trained in Cognitive Behavioral Immersion™ (CBI). Therapists lead special small groups called Innercircles. Both work to create a welcoming environment and help members learn the ins and outs of life-changing mental health tools.

Members Learn Cognitive Behavioral Immersion™

CBI is Innerworld's special combination of immersive technology and science-backed mental health tools. CBI is designed to help Innerworld members feel better by seeing and reacting to their world in a different way.



Innerworld is a multiplatform app available in VR and on iOS and Android.



Innerworld has an absolutely beautiful community...The groups are amazing and I leave them feeling supported, refreshed and better equipped to take on the rest of my day.”

- Innerworld Member

Though Innercircle sessions are led by licensed therapists, neither Innerworld nor Innercircle is a form of therapy. We offer help and guidance for mental health challenges through a virtual, supportive community.

[Join the community:](#)



200+ Weekly Mental Health Events

Innerworld



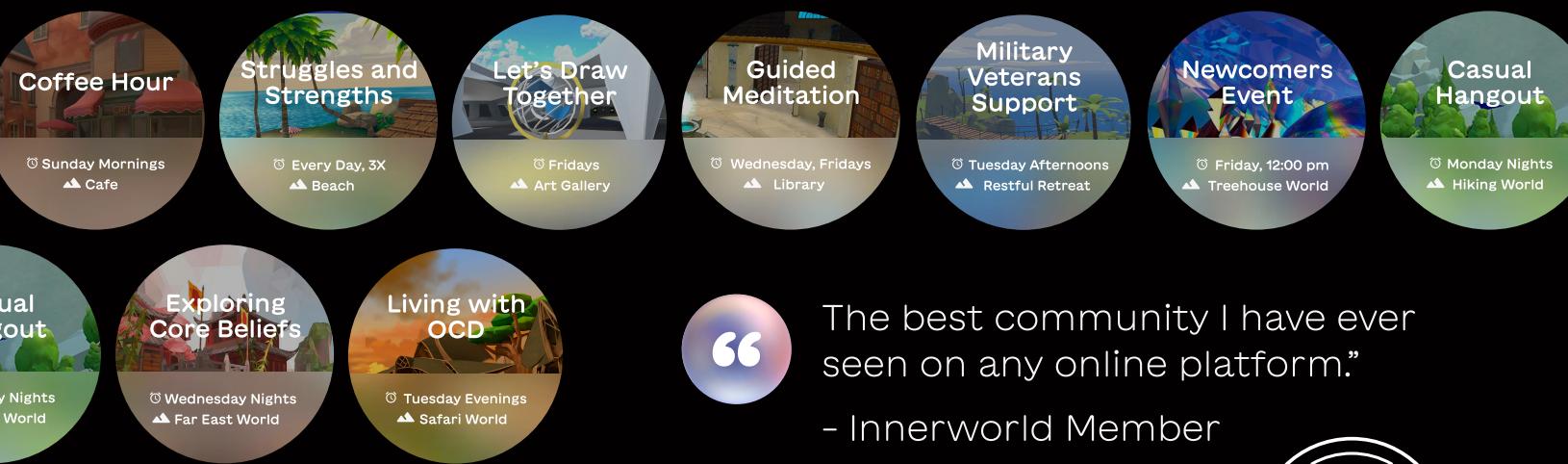
Enter a beautiful virtual world where you'll learn proven tools and gather insights. Talk to a therapist, connect with the community, and learn from trained guides.

An Event for Everything

Innerworld events cover a wide range of topics. Members can learn evidence-based tools to cope with anxiety, depression, addiction recovery, grief, ADHD, mindfulness, relationship boundaries, daily struggles, trauma, and more.

Some events are casual and invite members to participate in a friendly community atmosphere. These include game nights, drawing, trivia, scavenger hunts, and others.

Events also cater to groups that share unique struggles or experiences, like veterans, the LGBTQ+ community, new mothers, and more.



The best community I have ever seen on any online platform."

- Innerworld Member

