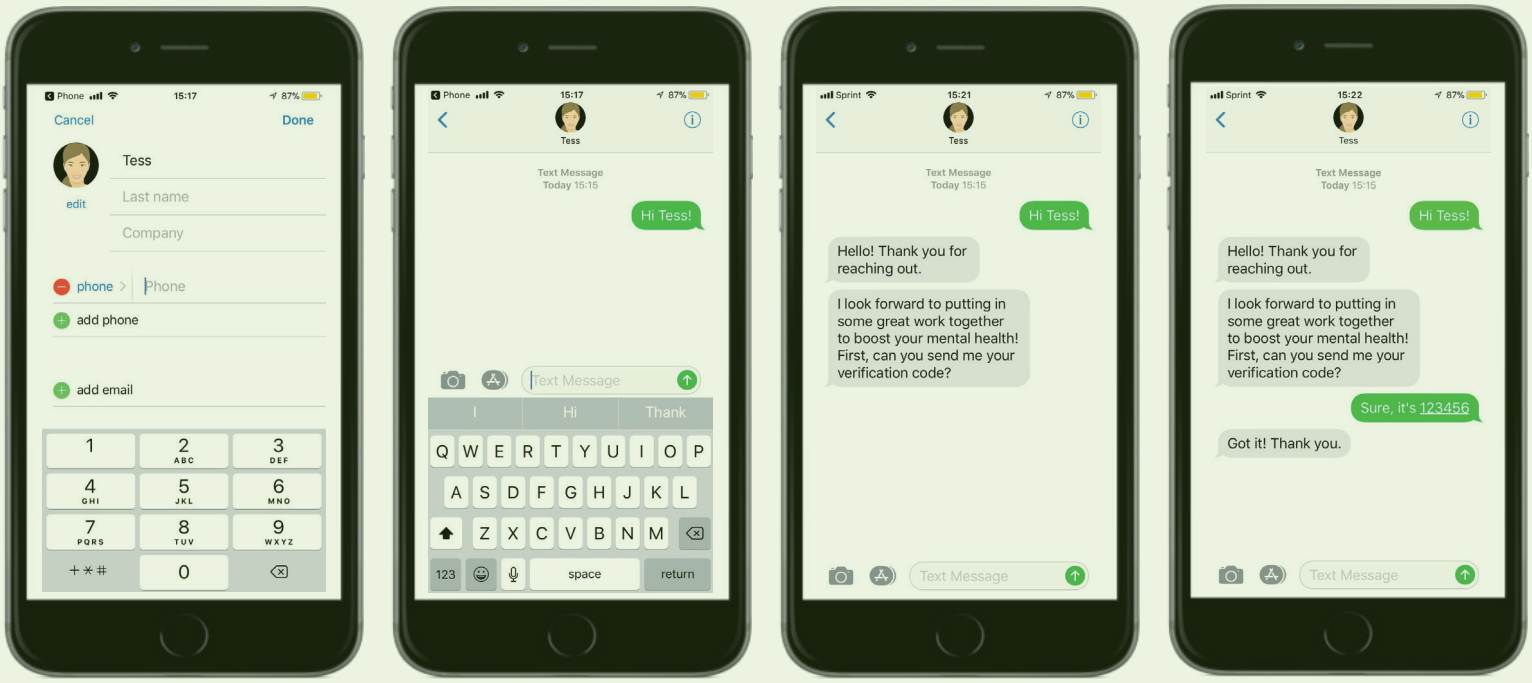


Who is Tess?

Tess is a **chatbot** that provides **emotional support** and check-ins to boost your wellness. Tess is **available 24/7** to talk at your convenience whenever and wherever you need.

- Chat with Tess for unbiased emotional support in the moment you need it the most.
- Build resilience and self-awareness by practicing coping skills at your convenience.
- Tess follows up with reminders and check-ins to reinforce use of skills learned in previous conversations.
- The more you chat with Tess, the more she will get to know your needs and preferences in order to deliver personalized support.
- Tess provides resources relevant to your needs.

Send "Hi" to Tess and enter your company's access code.

Send "Hi" to Tess to get started:

1-650-825-9634

RBH Reliant Behavioral Health | An IBH Company

Contact RBH

866.750.0512 | ibhsolutions.com/members

How Will Tess Support Me?

Tess is available to connect via text messaging **whenever** and **wherever** you need. Available 24/7, Tess is able to support you in the moment you need it most to boost **emotional wellness**.

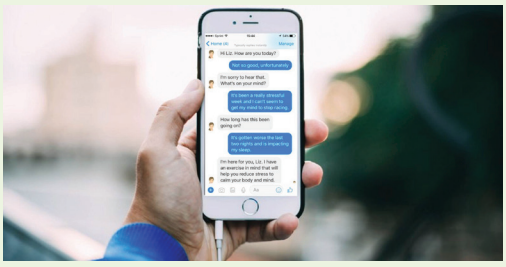
Tess is trained to deliver emotional support that aligns with recommendations from **mental health experts**. While Tess is not a therapist, she is **trained by industry leaders** to ensure your interactions are high quality.

Tess listens carefully and sends reminders to reinforce skills learned in previous discussions. These **check-ins** can be completed at your leisure to foster **resilience** and boost your emotional wellness.

Tess is available at your convenience to deliver secure emotional support.

Send "Hi" to Tess to get started:

1-650-825-9634



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