

## App offers free mental health counselling anywhere, anytime



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Spotted: A [UK startup](#) is offering an app that gives free access to registered mental health professionals. Called Spill, it is offered for free to employees and students of participating companies and universities. The chat-based app features an [on-demand service](#) in which callers can reach out for help anytime. They are matched with counsellors and therapists affiliated with [the British Association for Counselling and Psychotherapy](#).

The app encourages contacting counsellors [to talk about everyday stresses](#), not just mental health crises. It also strives to make mental health a habit by encouraging daily check-ins and tasks.

Spill co-founder Calvin Benton said the app enables [“counselling work fit for the 21st century”](#).

Takeaway: An estimated [one in four people](#) in the world suffer from mental disorders. Spill is one of a growing number of apps aimed at providing the help they need. Mental health apps make a lot of sense. They are portable, accessible, more affordable than professional therapies, and give sufferers who don't seek professional help some relief. 84% of existing Spill users have not previously accessed any mental health guidance or counselling, according to the company. Investors see potential too. Spill recently received [€760k in seed funding](#) from Passion Capital, Seedcamp and angel investors — Made.com founder Julian Callede and Urban co-founder Jack Tang. Springwise has spotted other innovations addressing mental health, [including a sensor that uses breathing patterns to track mood](#).

Website: [www.spill.chat](http://www.spill.chat)

Contact: [hi@spill.chat](mailto:hi@spill.chat)