

A person stands on the edge of a dark, silhouetted cliff, looking out over a vast, calm body of water. In the distance, a range of mountains is visible under a soft, hazy sky, suggesting a sunset or sunrise. The scene is overlaid with several large, semi-transparent circles in shades of blue and purple, creating a layered, ethereal effect.

Mental Well-being is a Skill you can Learn

sabender.com



MISSION

Mental Well-being Empowerment

Take control

Empower employees to take control of their own mental health and well-being

Behavioral change

Adopt the behaviors you need to cope with stress and prevent escalation

Personalized

Our AI technology provides every user with a seamless and personalized experience



PROBLEMS

Addressing the Mental Health Crisis Among Employees

80% Workforce suffers from stress

Over 80% of U.S. workers experience stress, 30% chronic, harming productivity (Deloitte, 2023).

55% GenZ lacks support

COVID-19 caused a social development gap, leaving 55% of Gen Z needing help but feeling misunderstood (JMIR, 2023).

60% Therapists stop new patients

By 2023, 60% of therapists stopped taking new patients, with a projected U.S. shortage of 15,600 psychiatrists and 57,490 mental health professionals by 2025 (APA, 2023).



SOLUTIONS

SABENDER — Your AI Coach for Mental Health & Well-being Anytime, Anywhere

Sabender is an AI powered and CBT based knowledge platform, supporting over 15,000 users to take control of their own mental health by offering over 1,000 solutions to cope with stress, build resilience skills and boost leadership.

SOLUTIONS

Personalized CBT Programs

Sabender's AI Coach delivers CBT programs tailored to users' mental health needs, guiding them through structured steps

Behavioral Insights

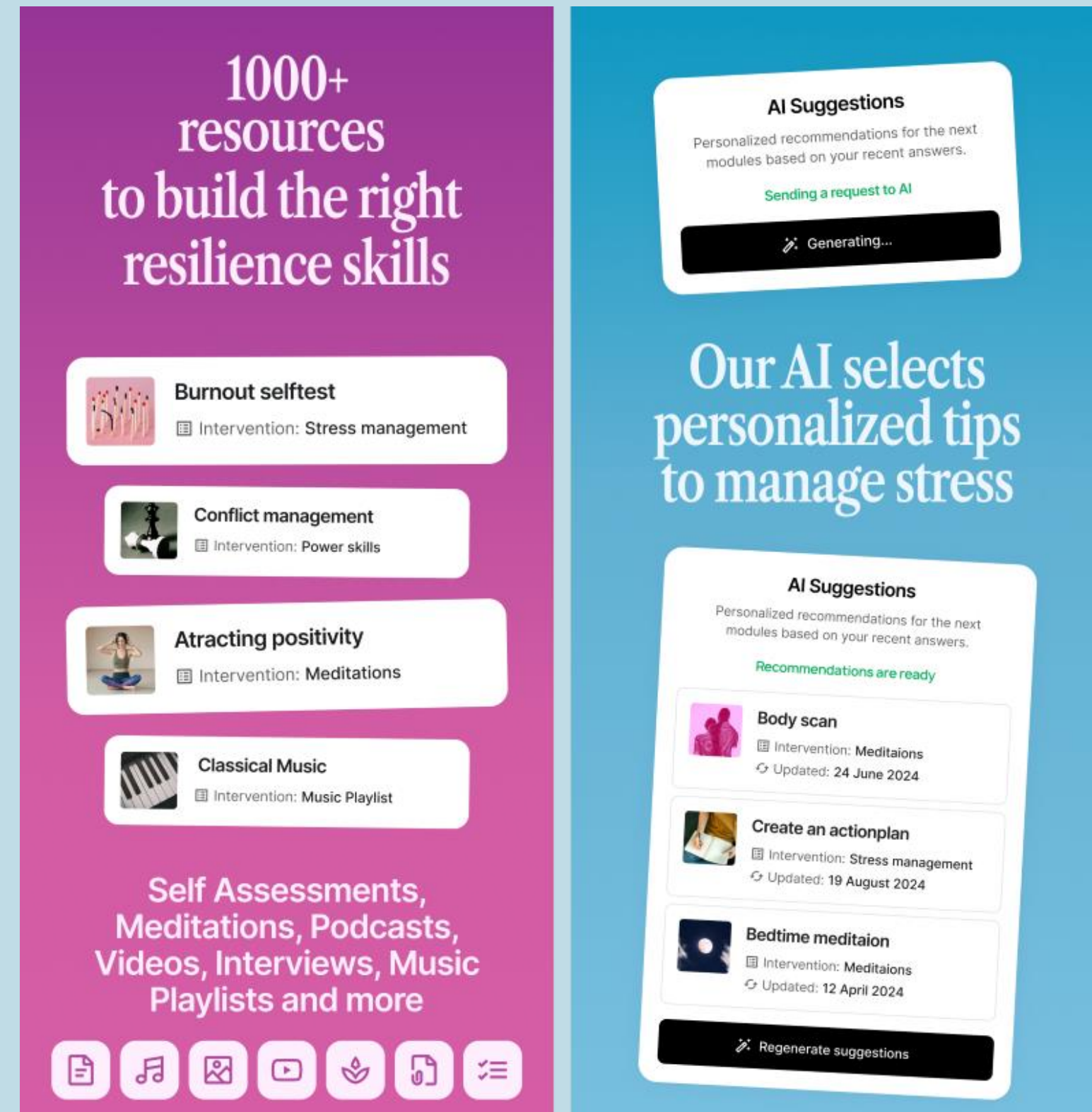
The AI analyzes behavior patterns, identifying risks related to stress, anxiety and social isolation, to offer targeted support

Daily Progress Tracking

With daily check-ins, Sabender monitors user progress, helping prevent issues from escalating

Comprehensive Self-Care

Users can access over 1,000 proprietary evidence-based tools for managing anxiety, sleep, productivity, and difficult conversations



USP

AI for Early Mental Health Support and Lasting Change

Sabender is a science backed and AI powered support tool that to help users detect and manage stress, anxiety, and depression early on and provide lasting coping and resilience skills



Helps 10,000+ employees reduce stress by 25% with lasting habits; job stress costs \$300 billion annually.



Helps HR boost retention by 20% using wellbeing data; turnover costs ~2x annual salary.



Helps companies cut absenteeism and presenteeism by 20%; costs total \$1.65 trillion annually.

TEAM

Sabender's experienced team of 15+ people

Sabender has a dedicated team of over 15 people in IT, Business Development, and Sales & Marketing, across 2 continents



Sabine van Egeraat – CEO
Stanford degree in behavioral science and leadership. Member of the APA. Holds IP of platform content.



Derwin Donk – COO
Degree in Design Thinking, driving force behind the innovative content. Successfully created company around VR in education.



Andrei Yuschenko – CTO
20+ years of experience in developing e-health applications, experienced in AI for good.

GET IN TOUCH

Thank you

M: +31 6 2180 2165

sabine@sabender.com

sabender.com