# panda | UNIVERSITY OF CAPE TOWN
IYUNIVESITHI YASEKAPA · UNIVERSITEIT VAN KAAPSTAD

Panda is on a mission to democratize mental health and empower you to be proactive in your mental health journey.

Introducing Panda Health, the ultimate well-being companion. Through the Panda app, you now have **anonymous access** to cutting-edge tools, personalized support, and proactive solutions, all at your fingertips.
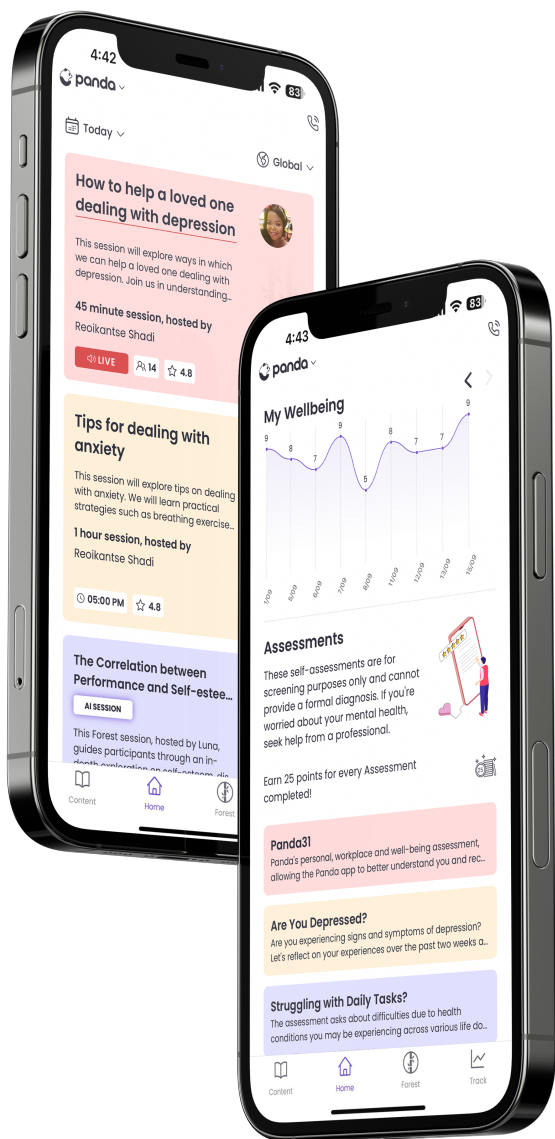
Safe and Secure - Sign up anonymously with Panda and begin your mental health journey on your own terms.

The Forest - Access to live, audio only sessions 24 hours a day, 7 days a week. Sessions are hosted by peers for support or mental health experts to better understand daily challenges we all struggle with.

Assessments - Assess and track your mental health - helping you understand what issues you are facing and what treatment you should seek.

Self-guided content - Access personalised content to learn new skills, to build resilience and to adopt a positive mindset

Panda AI Coaching - Access AI powered courses on a wide variety of topics to help you to optimise your performance. The more you engage with your courses, the more you unlock.

Rewards - By engaging with Panda and being proactive everyday, you can earn points, level up and unlock exciting discounts through our wellness rewards partners.

Luna AI Companion - Meet Luna, your personal AI companion. Here, you can chat to Luna about your everyday experiences, and get immediate support and guidance.

Invite a friend - Know anyone that would find Panda useful? You can share the Panda app with as many friends as you would like, and earn points at the same time!

Start your mental health journey today

1 Scan the QR code or search for **"Join Panda"** in your app store to download the free app.

2 Sign up using the promocode "**SWSCares**" to unlock four additional Panda AI coaching courses.

3 Explore **Panda's features** and take the first step in your mental health journey.

*All personal information is protected by Panda.