



Sharing guide

1. Social Media

Share why you love Woebot on Facebook, Instagram, Twitter, LinkedIn, or somewhere else. Explaining who Woebot is can be hard - at the bottom of this page you'll find a few blurbs you can use, or make up your own.

2. Email sharing

Not a fan of social media? Not a problem. The blurbs below make great emails, too - just don't forget to include your unique referral link.

3. Friends, family & beyond

We hear humans are great at talking to each other in person...even if it is about how you've fallen in love with an awesome new robot coach. The below blurbs are great talking points.

Sample Blurbs

"Hi everyone, I want to share a link to download Woebot, my new favorite daily routine. Since I started using Woebot, I've learned practical life skills like managing stress, improving relationships, sleeping better, and procrastinating less often. Bonus - Woebot was created by researchers at Stanford and is evidence-based. Use my personal referral code to check it out and get started: ____"

"Hi everyone, I want to share a link to download Woebot, my new favorite app. Woebot is a really funny and helpful little robot in an app that helps you think more healthy thoughts and feel better along the way. He also can help you track your mood and discover insights about how you're feeling. Bonus - Woebot was created by researchers at Stanford and is evidence-based. Use my personal referral code to check it out and get started: ____."

General tips for talking about Woebot



Woebot isn't trying to replace therapy, he's another tool to help you think and feel better.



Everything that people write to Woebot is anonymous. Woebot is programmed for privacy.



Woebot is based on decades of scientific research and has proven to help people with anxiety and depression.