

About PsycApps

PsycApps Ltd is a **leading innovator in mental health and wellbeing**, aiming to enhance individuals lives through cutting-edge digital tools, communities, and resources that enable individuals to manage their mental health and wellbeing.

About eQuoo

eQuoo is a gamified mobile app focused on prevention. Through eQuoo, players **enhance their emotional well-being and resilience** through interactive storytelling, psychoeducation and proven techniques. It equips young adults with essential psychological skills, fostering **self-awareness, personal growth, and emotional regulation** vital to build strong mental health foundations.

Our USP

Resilience is recognised as the #1 preventative factor in safeguarding against future mental health problems.

Clinically Proven: eQuoo stands out as one of the top 2% of apps clinically proven to enhance resilience and reduce depression and anxiety, showing results in just 5 weeks.

Skills for Life: eQuoo equips students with essential tools to manage their mental health proactively, preventing issues from escalating and setting them up for a successful future.

Cost Effective & Engaging: eQuoo's gamified, engaging format drives user retention rates five times higher than other mental health apps, offering an affordable, scalable solution that significantly outperforms competitors.

Our Features

Interactive Stories: eQuoo engages young people through a library of 50+ psychological skills, delivered via gamified interactive stories. Each skill is rooted in evidence-based practices and falls into one of five key categories: Resilience, Relationships, Personal Development, Anti-Depression, and Anti-Anxiety.

Clinical Scores: our players can utilise clinical questions practiced in the NHS to track their growth overtime across 6 catagories providing tangible insights into their development.

Client Dashboard: eQuoo offers trackable progress through user-friendly analytics, providing senior leads and wellbeing staff with actionable insights. This data supports the evaluation of impact.



eQuoo Clinical Studies