

# We Care On

WeCareOn is a Portuguese StartUp that aims at increasing the accessibility of health and wellness services by demystifying preconceived ideas and individual fears. This is a unique platform in Portugal in this area and it is certified by the Portuguese Healthcare Regulation Authority.

Additional keywords: Mindfulness, Psychology consultations in different areas of expertise

#### **Target Groups**

- Topics
- Adults Children / Adolescents
- Couples

- General Depression
- Anxiety
- Compulsive disorder
- Eating issues
- Addiction
- Relationships disorders
- Sexual disorders

## **Description**

WeCareOn is a Portuguese StartUp that aims at increasing the accessibility of health and wellness services by demystifying preconceived ideas and individual fears. This is a unique platform in Portugal in this area, that connects users to the knowledge and guidance of psychology and coaching professionals, through online sessions, using video conferencing / video call, voice, chat, and email.

Some of the areas of expertise of WeCareOn professionals (psychologists, therapists and coaches) are: coaching (couple, family, relationships, for teenagers, for entrepreneurs sales health, life coach, etc.), psychology (e.g. eating disorders, anxiety disorders, relationships disorders, bullying, sexual disorders) and counseling (e.g. food, parental and psychological). These professionals are qualified to conduct online sessions in the areas of psychology and coaching.

## Type of Best Practice

- Country Portugal
- Coaching Platform

Counselling

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