

Revolutionizing Mental Health Support

Innerworld



Welcome to your mental health haven

Innerworld is where lives are transformed. Millions of people are unable to access or afford mental health help—we're changing that. Start feeling better today. Join us.

Innerworld Runs on Events

We host support groups, learning courses and even social events, all focused on improving your mental well-being. Event topics include anxiety, depression, recovery, and more. Many are designed to teach science-backed mental health tools.

Our 200+ weekly events cover every time zone. Wherever you are, there's always an Innerworld event starting soon. Learn more on back side.

Events Are Run by Guides

All events are led by trained Guides. Guides are facilitators trained in Cognitive Behavioral Immersion™ (CBI). They're here to create a welcoming and comfortable environment. They help members learn the ins and outs of life-changing mental health tools.

Guides Teach Cognitive Behavioral Immersion™

CBI is Innerworld's special combination of immersive technology and science-backed mental health tools. CBI is designed to help Innerworld members feel better by seeing and reacting to their world in a different way.

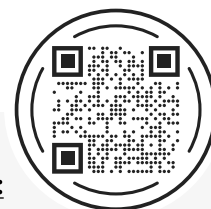


Innerworld is a multiplatform app, available in VR and on iPhone, iPad, Mac, and PC.



Innerworld has an absolutely beautiful community...The groups are amazing and I leave them feeling supported, refreshed and better equipped to take on the rest of my day.”

- Innerworld Member



Join the community:

200+ Weekly Mental Health Events

Innerworld



Enter a beautiful virtual world where you'll learn proven tools and gather insights. Connect with the community and trained guides.

An Event for Everything

Innerworld events cover a wide range of topics. Members can learn evidence-based tools to cope with anxiety, depression, addiction recovery, grief, ADHD, mindfulness, relationship boundaries, daily struggles, trauma, and more.

Some events are casual and invite members to participate in a friendly community atmosphere. These include game nights, drawing, trivia, scavenger hunts, and others.

Events also cater to groups that share unique struggles or experiences, like veterans, the LGBTQ+ community, new mothers, and more.

Meditation & Mindfulness
 ☹ Monday, Wednesday
 ▲ Campfire

Coping with Anxiety
 ☹ Thursday Mornings
 ▲ Dream Maze

Tools of CBT
 ☹ Sunday Afternoons
 ▲ Spring World

Challenges and Successes
 ☹ Wednesday, Fridays
 ▲ Commons

Dealing with Grief
 ☹ Tuesday Afternoons
 ▲ Far East World

Living Life with ADHD
 ☹ Friday, 12:00 pm
 ▲ Treehouse World

Setting Healthy Boundaries
 ☹ Saturdays, 1pm
 ▲ Beach

Cognitive Behavioral Immersion Model
 ☹ Wednesdays, 4pm
 ▲ Underwater

Struggles and Strengths
 ☹ Wednesday, Fridays
 ▲ Campfire

Coffee Hour
 ☹ Sunday Mornings
 ▲ Cafe

Struggles and Strengths
 ☹ Every Day, 3X
 ▲ Beach

Let's Draw Together
 ☹ Fridays
 ▲ Art Gallery

Guided Meditation
 ☹ Wednesday, Fridays
 ▲ Library

Military Veterans Support
 ☹ Tuesday Afternoons
 ▲ Restful Retreat

Newcomers Event
 ☹ Friday, 12:00 pm
 ▲ Treehouse World

Casual Hangout
 ☹ Monday Nights
 ▲ Hiking World

Equal Hangout
 ☹ Monday Nights
 ▲ World

Exploring Core Beliefs
 ☹ Wednesday Nights
 ▲ Far East World

Living with OCD
 ☹ Tuesday Evenings
 ▲ Safari World



The best community I have ever seen on any online platform.”

- Innerworld Member



Join the community: