

More Plumm. Less glum.

All-in-one mental health support for any goal, anytime, anywhere.

Your mental wellbeing is everything. Plumm will give you the support you need – or want – and empower you to be the best you!

Through Plumm, you will have access to high-quality mental health support with a global network of accredited therapists via video and chat therapy, a growing library of digital wellbeing courses, and guided meditations – all in one place.

100% Confidential

Plumm is GDPR and HIPAA compliant. All conversations are totally confidential and encrypted.

150+ Accredited Therapists

High quality care you deserve. Our global pool of accredited therapists hold, on average, 8+ years of experience, and collectively speak 15 languages.

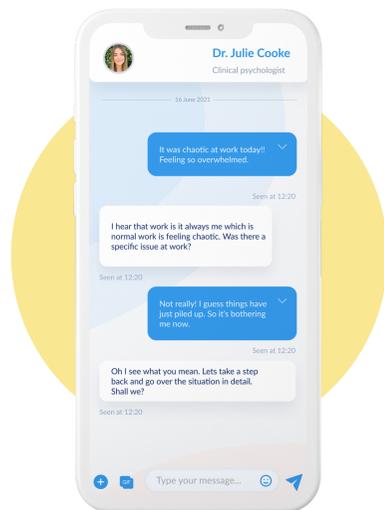
Backed by Science

Our psycho-educative wellbeing courses, guided meditations and live workshops are led by accredited therapists using an evidence-based care approach.



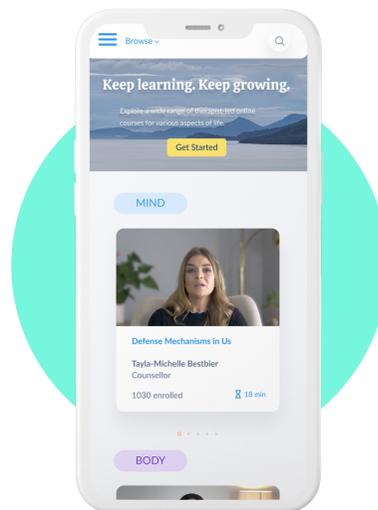
1:1 Video therapy

See an accredited therapist as early as the next day, and work on any goal you want from coping with stress to levelling up your leadership skills.



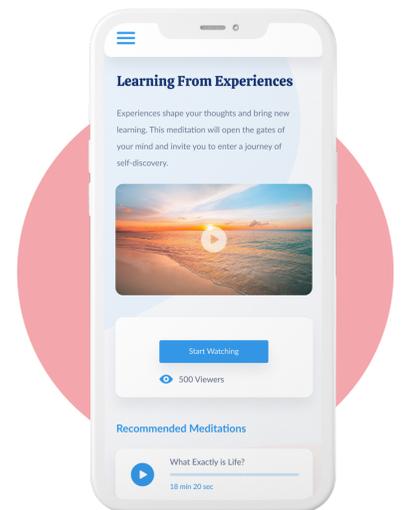
Chat therapy

Get text-based support from your accredited therapist. We're here to support you, any time of the day, from anywhere.



Wellbeing courses

Access our growing library of on-demand wellbeing courses whenever you want, from wherever you are.



Guided meditations

Pair our wellbeing courses with guided meditations to supercharge your focus, channel your inner zen and experience a greater sense of calm.

Get started in less than 5 minutes

- 1 Answer a few simple questions to let us know your goals and how you're feeling.
- 2 We'll instantly match you to an accredited therapist – you can switch therapists at any time.
- 3 Get evidence-based care, any way you want it.