Improving your mental wellbeing with Flow!

Flow is a clinically approved at-home depression treatment consisting of a groundbreaking headset and behavioral therapy programme.

The Flow headset uses a gentle electrical current to help improve your mental wellbeing by stimulating the brain using a technology called transcranial Direct Current Stimulation (tDCS).

When we suffer from symptoms of depression such as low mood, stress and anxiety we often have lower levels of activity in certain parts of the brain. Flow works by 'exciting' the neurons in this area of the brain to restore their activity.

It only takes 30 minutes

The stimulation session can easily fit into your schedule, you can use the headset while doing other things such as watching TV, reading or answering emails.

Activation phase:
5x a week for the first 3 weeks

Strengthening phase:
2x a week after that for as long as you need

77% see clinical improvement in 21 days

5 NHS programs running successfully

Rated Excellent on Trustpilot

20,000 + users across UK and EU

You should always consult a healthcare professional before making any changes to your depression treatment.

Depression treated. Differently

Flow has been shown to treat depressive symptoms, including improved mood, sleep and lowered anxiety.

Is Flow for me?

- Yes if you are looking for support with depression symptoms (including low mood, lack of motivation, increased feelings of unease).

- Yes if you want to try something which can be used in combination with existing treatments such as antidepressants or therapy.

- Yes if you are looking for an effective at-home treatment that easily fits into your daily life.

1. Download the app
The Flow App is free and contains hours of content from licensed psychologists.

2. Connect your headset
You will need a smartphone with bluetooth to connect with the headset.

3. Start stimulating
Stimulations are just 30 minutes with optional behavioural therapy courses.

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