

Help our AI app to learn and give your wellbeing a boost!

WE NEED YOUR HELP.

Talk It Out is a simple, human way to look after your wellbeing by walking and talking to an app.

We're developing an AI version of the app, that can listen to the things you say to it, and spot when you have an emotional reaction.

To do this we need more recordings of people doing a Talk It Out session. And that's where you come in... we need your help!

HOW CAN YOU HELP?

Simple - we just need you to use the voice recorder on your phone to record a Talk It Out session:

- Voice memos on iPhone
- Recorder on Android

WHAT DO I NEED TO DO?

1 Record a 5 minute Talk It Out session of you talking about anything at all... it could be work, life relationships. Anything that needs some attention.

No-one will listen to the recording, it is only to help our Ai app learn to spot emotions in a range of voices.

2 Listen back to the recording and note down the times when you hear yourself have an emotional reaction, and what the emotion is. It could be "happy", "sad", "confused"... Whatever you would call the emotion you spot is perfect.

3 Email the recording and your list of emotions and the times you spotted them, to support@talkitout.app

By helping us you'll be helping millions of people get the support they need, and you'll give your own wellbeing a boost too...!



If you need any help at any point, please email support@talkitout.app



TALK IT OUT