



give me five

“Technology meets well-being.”

- 12000+ Students from around the world.
- Give Me Five helps organizations identify and intervene before issues arise.
- Give Me Five's check-in is quick, convenient, and insightful, helping individuals easily assess their mental well-being with simple questions.



Live life, your own way

Give Me Five is a simple easy-to-use app that helps detect issues such as poor quality of life, dissatisfaction with services, depression, anxiety, violence and risk of self-harm or suicide.

Why Choose Give Me Five?



Early Identification and Monitoring

Give Me Five offers an affordable, accessible tool for early mental health screening, enabling timely intervention and care for potential challenges and risks.



Triangulated Data Approach

Give Me Five uses a clinically recognized "gold standard" by integrating participant views, input from familiar adults, and behavioral data.



Tailored Question Banks

Give Me Five provides tailored Question Banks for various age groups and settings, ensuring a more targeted and effective screening process.



Screening Frequency and Duration

Give Me Five offers flexible screening options from weekly to semi-annually, with more frequent checks enhancing its ability to detect changes in well-being.

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