



sati

Sati App Impact Report

2024 – 2025

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Our Vision

“
to be the proactive solution to better mental health
and well-being for everyone
”

Our Mission



Our Team



**Amornthep
Sachamuneewongse**
Founder/CEO



**Ondřej
Nádvorník**
Co-Founder/CTO



Prima Pisuttisarun
COO



**Chanon
Wongsatayanont**
Co-Founder/Advisor



Tomáš Martykán
Senior Maintenance
Manager



Surapoj Boonyayoi
Product Owner



Kunyarat Puangpai
Project Manager



**Wongsathorn
Boonamnuaysuk**
Volunteer Coordinator



Sirinya Thonghyu
Community and
Learning and
Development Specialist

Our Advisors



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Director at Galya
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Mental Health Consultant, Zambia



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Professor of Organizational Behavior,
Sasin School of Management



Peter Varnum
Global mental health and
lived experience expert

Our Advisors



Kateřina Čákin
Academic Director
Newton University



Methawee Thatsanasateankit
DEI Expert
Shareholder - Vulcan Coalition



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Assistant Professor of Physics,
Faculty of Science, Chulalongkorn
University



Aliza Napartivaumnuay
Co-Founder, Socialgiver



Trang Suwannasxilp
Gamification & Corporate Strategy
Consultant, Founder of
Growth Game



Tarin Yuangtrakul
Art Director

Words From Our Executives

“ This journey hasn’t been easy, but I am proud of what our small, yet mighty team have achieved. From personal lived experiences, we have developed a system that allows preventative measures and space for emotional support to flourish. It is inspiring to see how we have been able to collaborate with various sectors and how, using our knowledge, passion, and networks, we have expanded our impact to be inclusive of various stakeholders. Our mission remains ensuring accessibility to the foundational level of mental health care, keeping the public at the epicentre of all our developments and the ecosystem we build. I am grateful for the support, guidance, and friendship we have gained and proud of our team’s passion for impact. ”



**Amornthep
Sachamuneewongse**
Founder/CEO

“ I’ve had the privilege of creating, building and leading the technological foundation of Sati from the very beginning. It’s been incredibly rewarding to witness how we have grown and how our team has evolved alongside it. I truly believe that our success is the result of the dedication and collaboration of every single team member, and I want to extend a heartfelt thank you to all of you. Each user’s story matters deeply to us. Ensuring a seamless, reliable experience is at the heart of our technological KPIs—and we remain committed to providing the stability our users depend on. This past year marked another exciting milestone as Better Mind, Better City expanded beyond Asia. Hosting our event in Prague was a meaningful step forward in our global journey. To all our supporters—thank you. I’m looking forward to what we’ll build together in the year ahead.”



Ondřej Nádvorník
Co-Founder/CTO

“ One of my greatest joys as Sati’s COO is witnessing our team’s growth—not just in size, but as individuals, as a collective, and as a vehicle for change. Our bold vision—to make mental health care accessible to all—demands creativity and a lot of grit. Every day, I’m in awe of the passion and effort our team pours in—whether it’s ordering meals for our volunteers or interviewing people with disabilities to reimagine our e-learning training. And every day, we are met with overwhelming support: from dedicated collaborators, loving mentors, kind funders, and more. We are thankful and optimistic, and we are ready to dream even bigger.”



Prima Pisuttisarun
COO

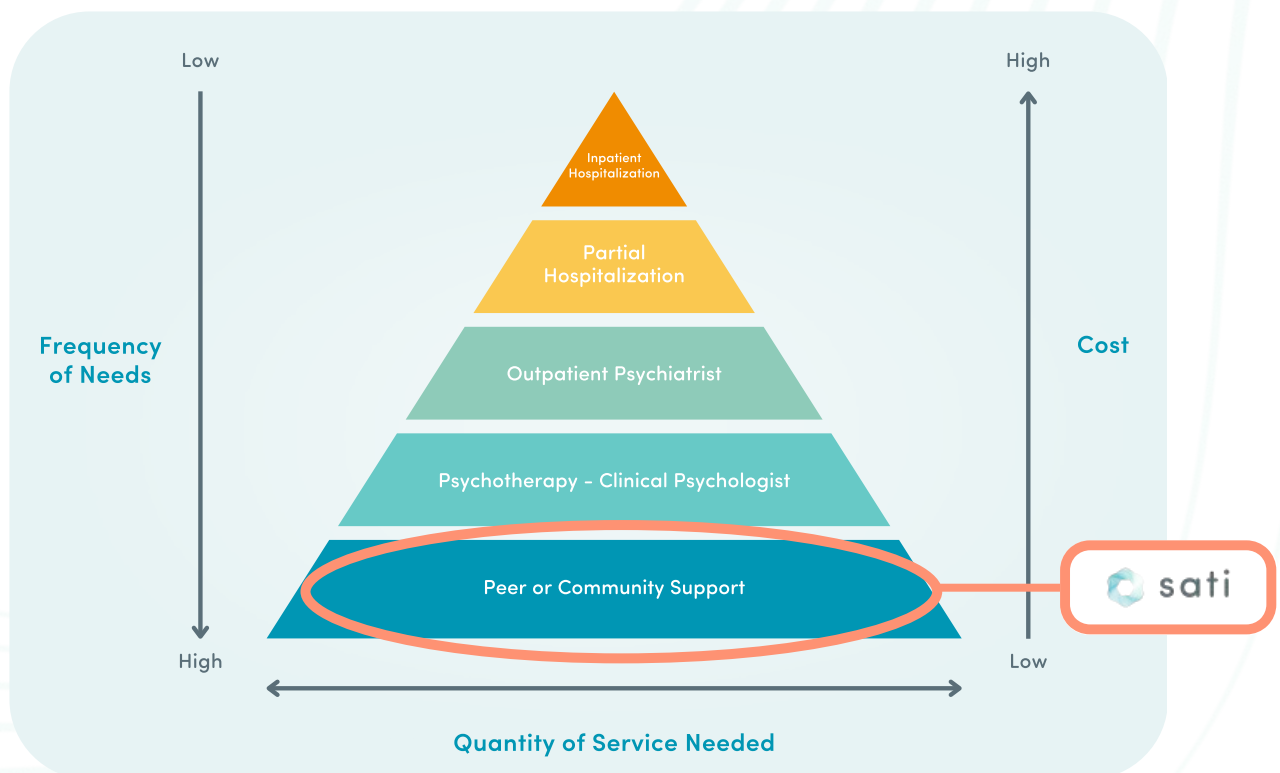
Why we're needed

Thailand is currently facing a shortage of mental health practitioners, along with a rising burnout rate among those already in the field. With only about

1.2 Psychiatrist : 100,000 People

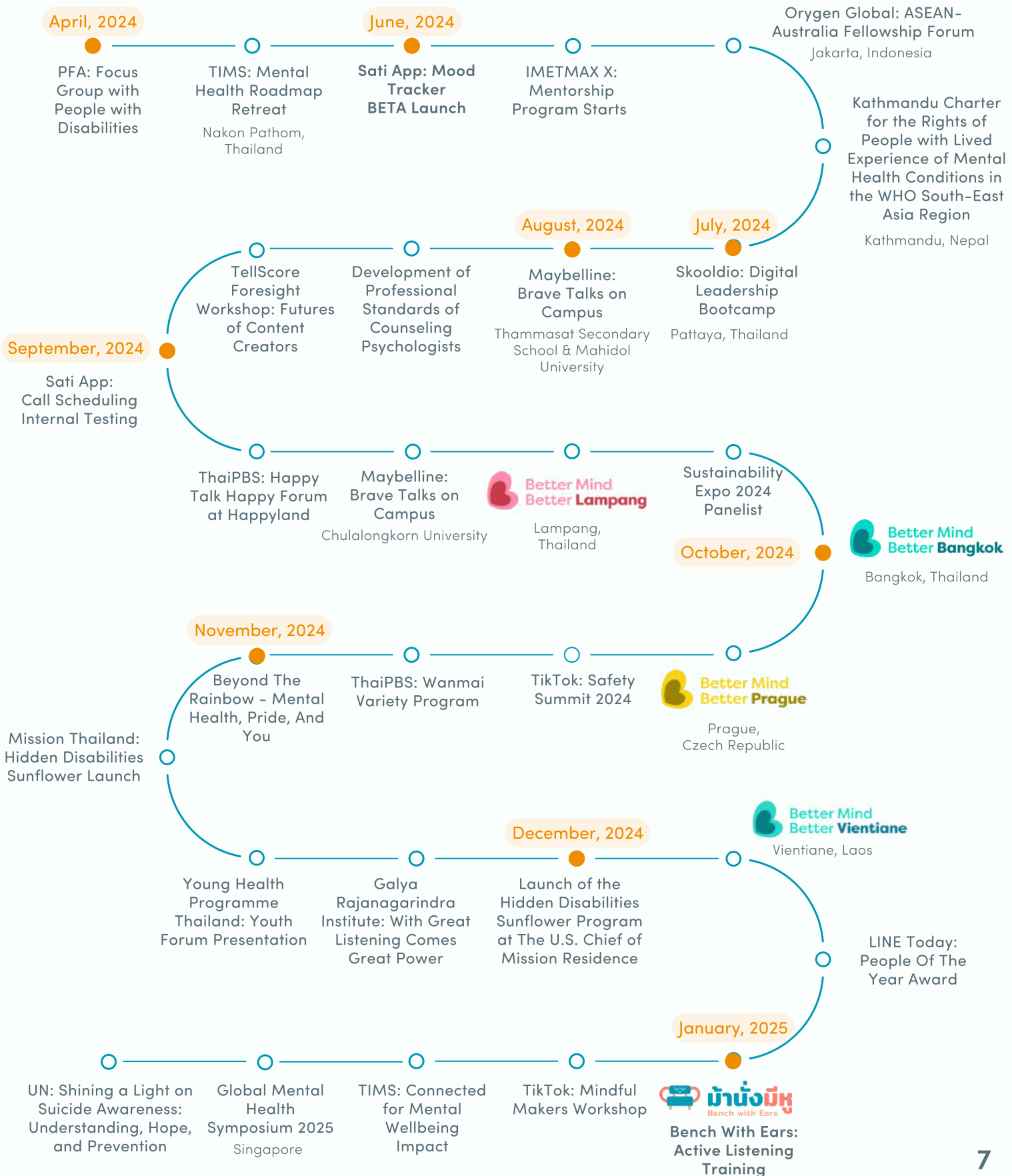
and the majority concentrated in Bangkok, access to professional mental health care remains a significant challenge for much of the population.

Recognizing that peer and community support sits at the base of the World Health Organization's mental health service pyramid, there is a pressing need to strengthen these foundational networks.



Sati is positioned as a proactive solution to this gap. By providing education, tools, for peer and community support, Sati acts as a bridge between underserved individuals and the limited formal mental health resources available. Through collaboration with government bodies, private organizations, and public institutions, Sati aims to extend its reach across the country, ensuring that **mental health support becomes more accessible, inclusive, and community-driven.**

2024 At A Glance



Sati App

is an on-demand peer support service for anyone who is experiencing distress and needs someone to talk to. Sati App is one of Sati's innovations to tackle mental health accessibility issues in Thailand by connecting individuals with trained empathetic volunteer listeners with free of charge to reach the greatest number of people possible, regardless of their socio-economic status.

Call Insights



53,793

ALL TIME TOTAL USERS



703

ALL TIME TOTAL VOLUNTEERS



9,150

TOTAL CALLS



119,513

MINUTES CONVERSED



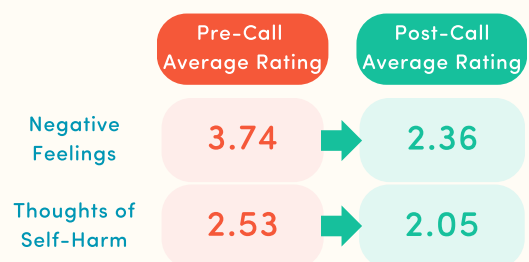
17m 24s

AVG. CALL DURATION

From 1 April 2024 to 31 March 2025, Sati App has provided peer support service to users from all over Thailand, including both Thai and Non-Thai speakers. Through our strategic outreach efforts, we have successfully reached 53,793 users and connected them with our trained volunteers over 9,100 calls of peer support.

Pre- and Post-Call Ratings

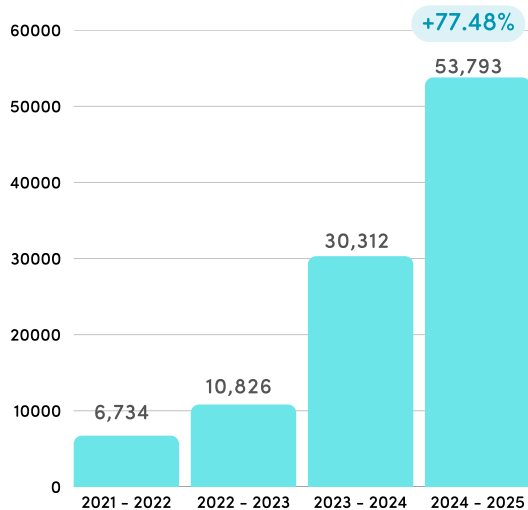
From 2,398 calls, our users reported reduced negative feelings and self-harm thoughts after talking to our trained volunteers. This demonstrates that our initiative has made a significant impact on the community.



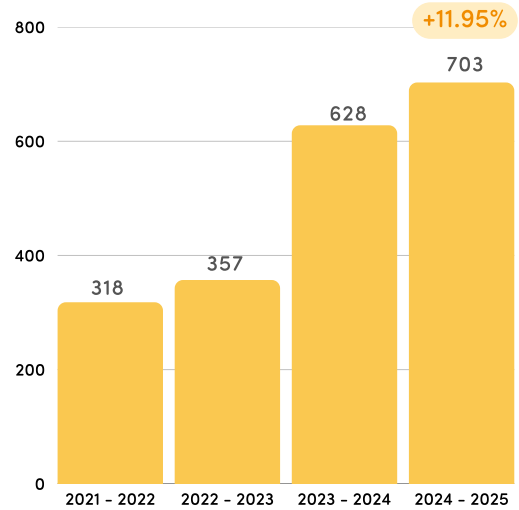
RELATIONSHIP

Our user data analysis reveals that relationship-related issues are the primary stress factor among users, indicating a universal struggle that transcends geographical boundaries. This highlights the need for accessible support, which Sati App provides through a safe, empathetic environment for users to explore their feelings.

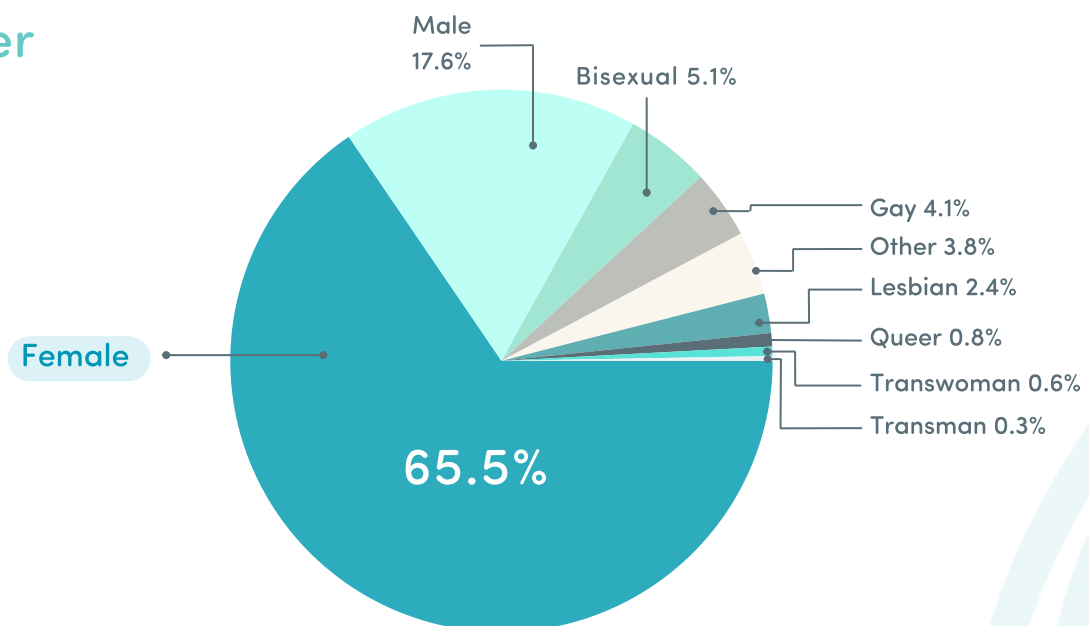
Number of users



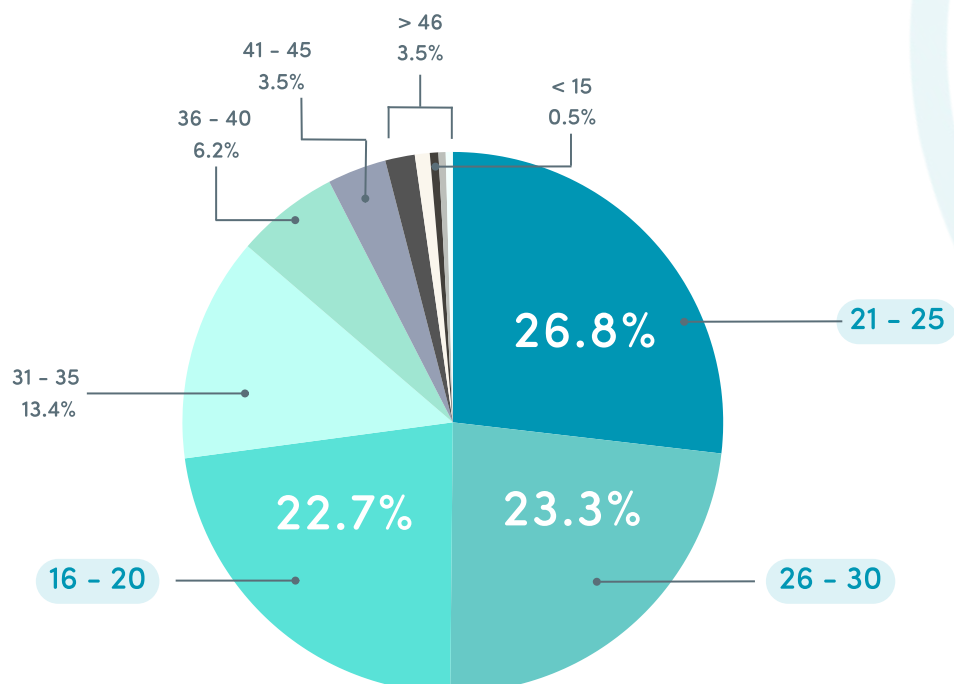
Number of listeners



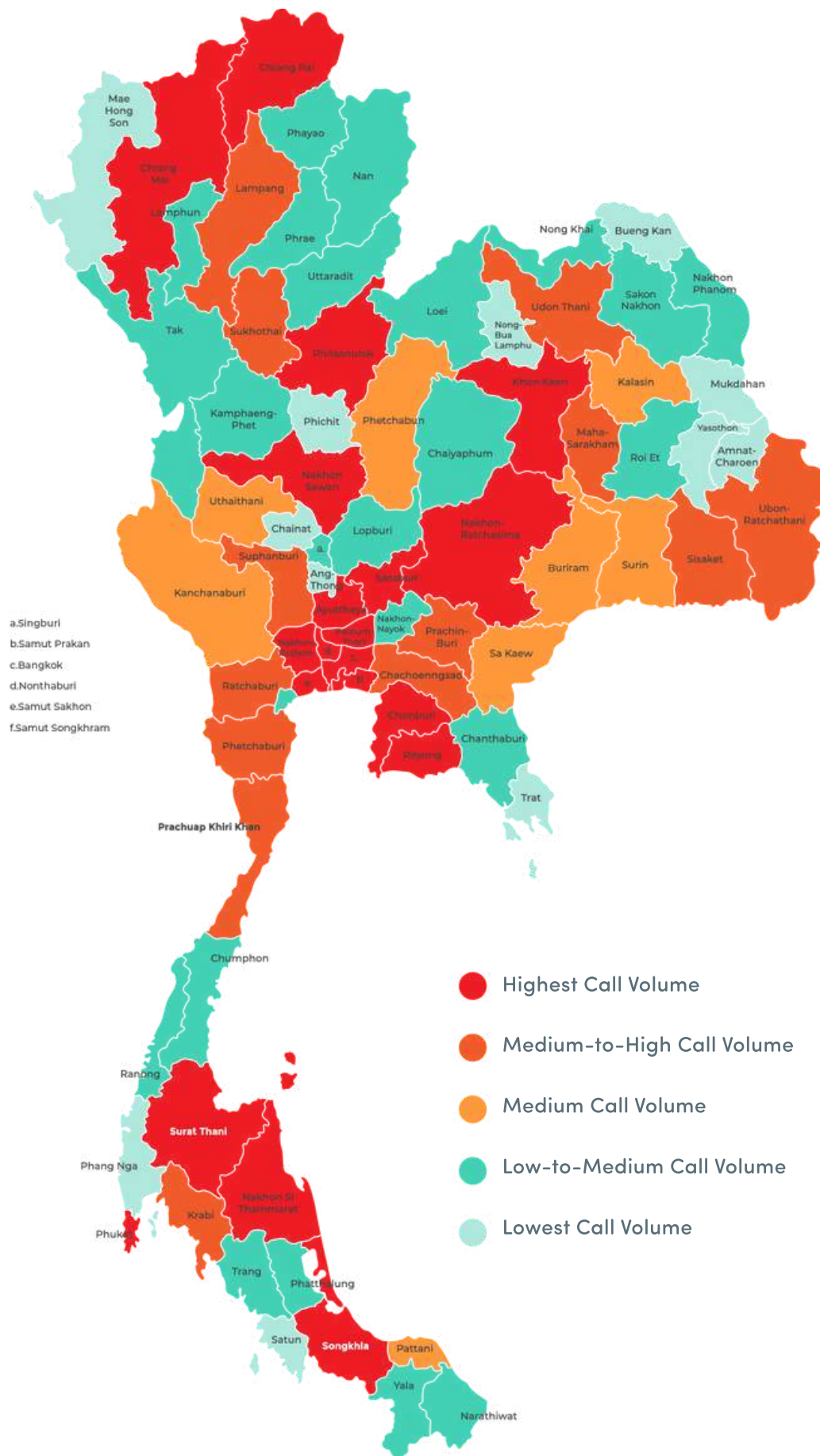
Gender



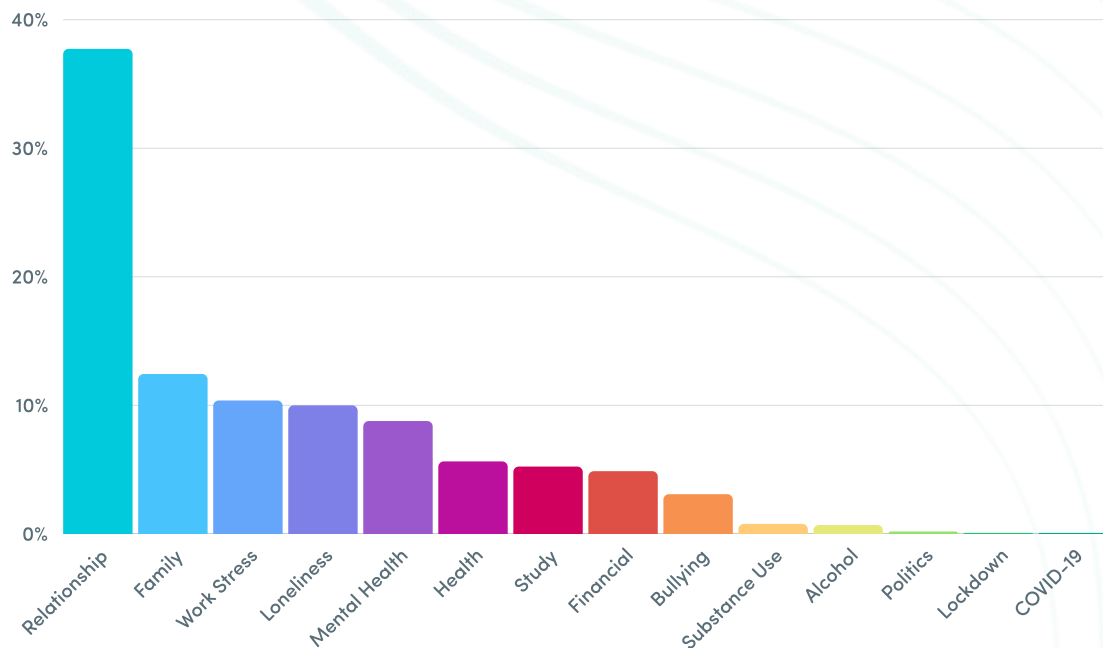
Age



Geographical Reach



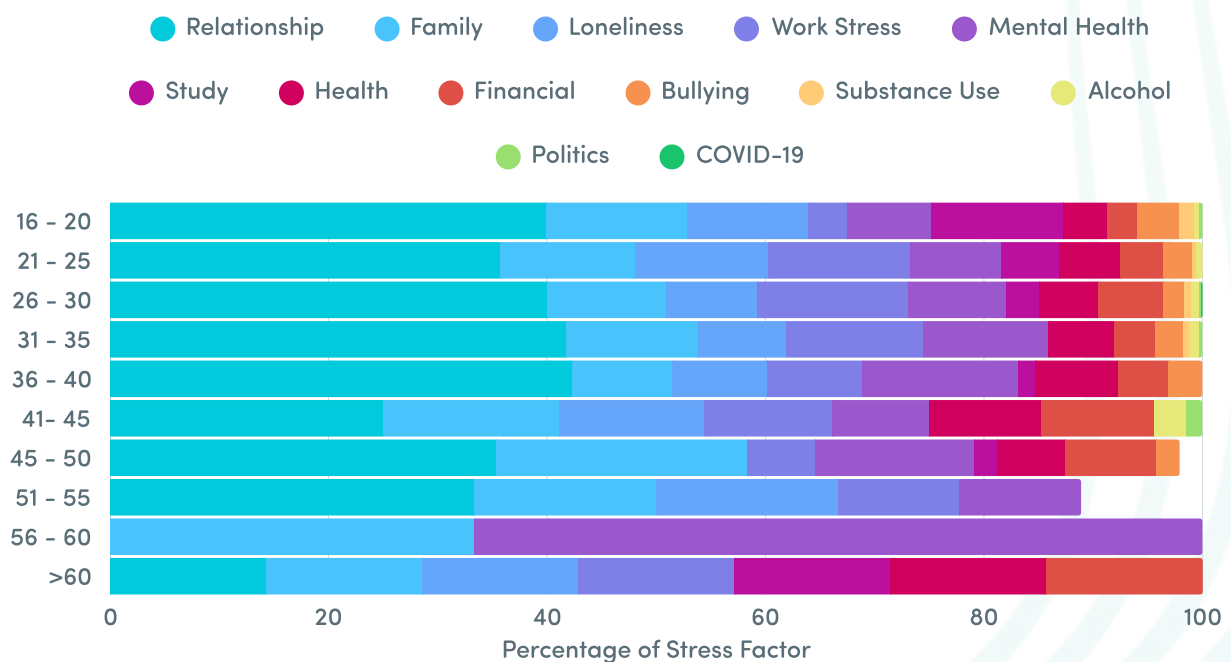
User Stress Factor



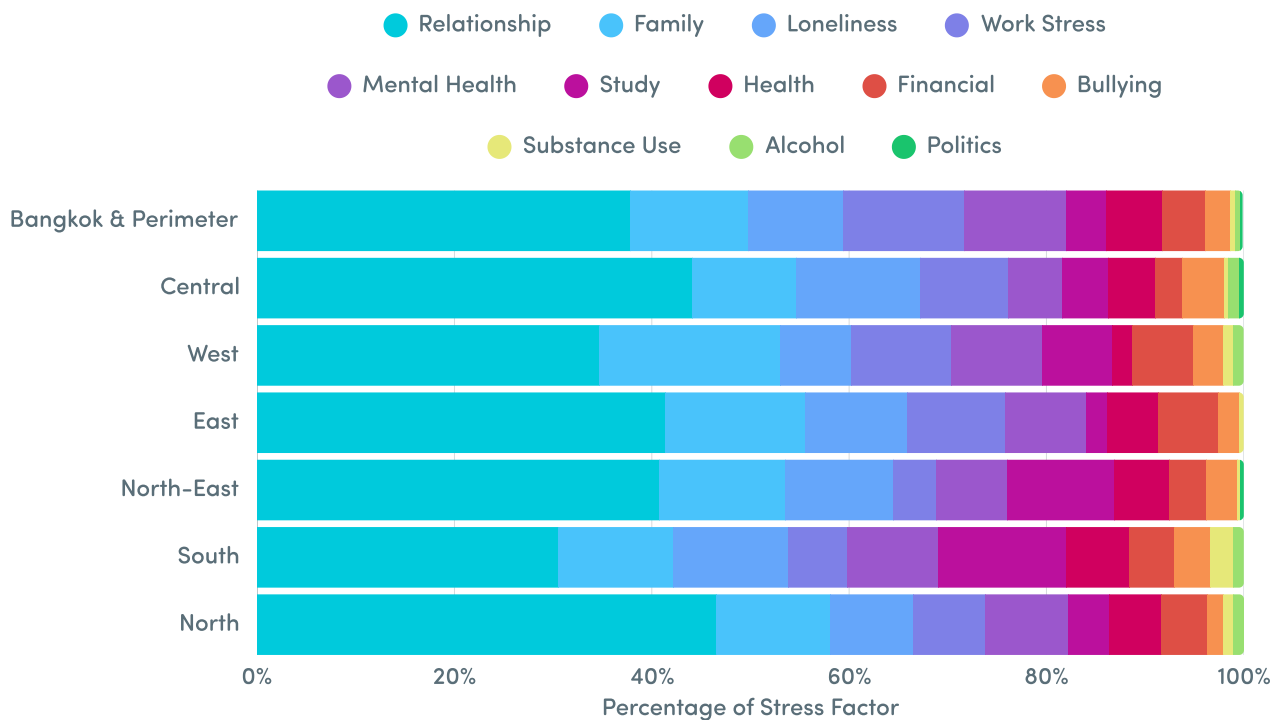
Suicidal Ideation

We recognize that suicide remains a sensitive and often avoided topic in Thailand, yet it's an important one to address. Sati aims to create a safe space where users can talk about these thoughts to prevent further distress or potential harm. While 59.1% of users did not report their status on suicidal ideation, 38.9% shared they experienced no suicidal thoughts, and only 2.02% explicitly reported having them.

Stress Factor by Age Group



Stress Factor by Regions



Key Insights from Sati App Users



Our latest data reveals that “**relationship stress**” is the leading cause of distress, accounting for nearly 40% of all reported stress factors. This trend is especially **pronounced among users under 25**, highlighting the emotional vulnerability of younger populations.

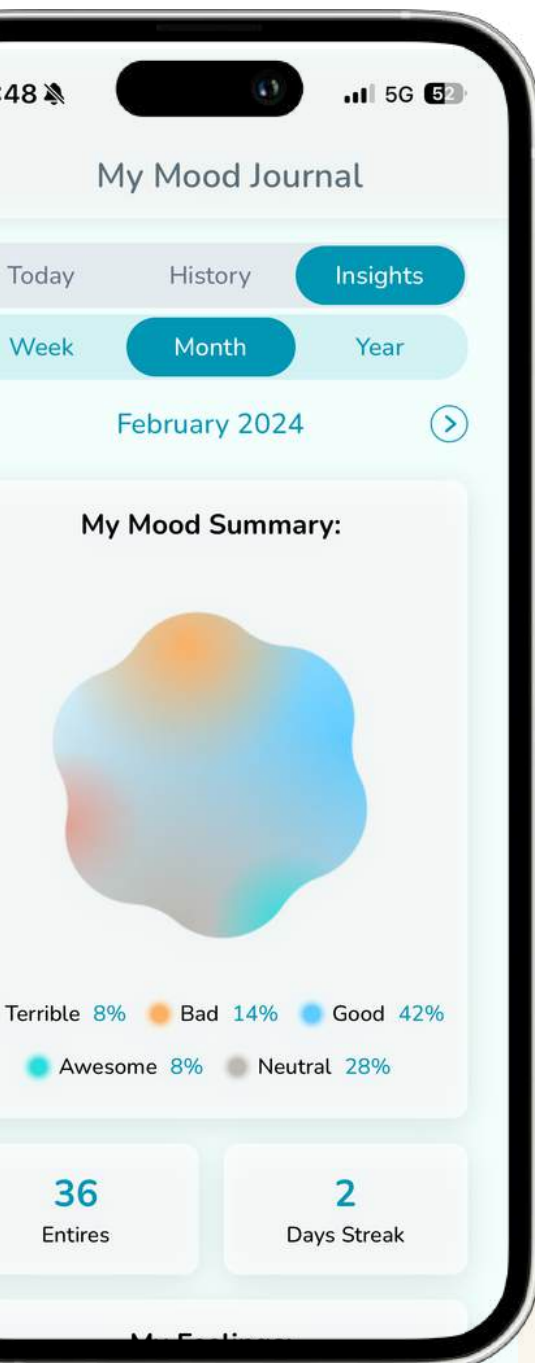
While family, loneliness, and work stress also rank high, a striking regional contrast emerges: users in **Bangkok and the Central region** experience significantly higher work-related and mental health stress compared to those in other parts of Thailand.

Despite the prevalence of stress, **only 2.02% of users explicitly reported suicidal ideation**, suggesting a concerning underrecognition—with nearly 60% of those who had suicidal thoughts not identifying them as such.

Across all age groups, we observe a shift: **as users age, financial stress and health-related concerns gradually replace relationship and study-related stress**, pointing to evolving life pressures over time.

Mood Tracker

Sati App has launched an exciting new feature aimed at promoting regular self-care among its users. This tool enables individuals to monitor their daily emotional states, helping them identify the origins of their happiness and stress, along with the triggers that influence these feelings. It provides insights through visual representations of emotional well-being across various timeframes and offers personalized resources and support tailored to individual needs, including access to our in-app peer support service.



In just 9 months*, we gained



2351

Users



4400

Mood Checks



Triggers Insights in Mood Checks

From the data gathered through Sati App's Mood Tracker feature, we identified key emotional triggers reported by users. Relationships emerged as the most common trigger, accounting for 21.5% of total entries, followed by work-related stress at 19.4%. Loneliness (16.4%) and family-related concerns (16.1%) were also significant contributors to users' emotional states. Financial stress (money) made up 13.5%, while issues related to friends (9.9%), health (9.6%), and school (5.8%) were also notable. These insights help us better understand the emotional landscape of our users and inform future improvements to provide more tailored support.



Better Mind Better Bangkok 2024



BMBB 2024
Impact Report

On October 6, 2024, the Better Mind Better Bangkok event took place at Samyan Mitrtown, marking its third consecutive year. Under the theme **L.O.V.E. (Loving Yourself, Opening Hearts, Valuing Lives, Enhancing Connection)**, the event aimed to destigmatize mental health discussions and promote awareness of mental well-being in the community.

Recent data from the Thailand Institute for Mental Health Sustainability (TIMS) reveals alarming statistics regarding mental health in Thailand, with **9.35% of over 5 million respondents at risk of depression, 5.32% at risk of suicide, and 7.95% experiencing high levels of stress. The suicide rate has reached 7.94 per 100,000 people**, highlighting the urgent need for mental health interventions, especially given the limited number of psychiatrists available. Additionally, insights from the Sati App indicate that the primary concerns shared by individuals in Bangkok revolve around relationships, family matters, and feelings of loneliness. The **L.O.V.E.** theme was crafted to address these issues, emphasizing self-love, opening hearts, the value of lives, and the importance of community connections.

Panel Discussions

LOVING YOURSELF

Experts discussed overcoming societal pressures and fostering self-compassion, emphasizing and self-awareness.



OPENING HEARTS

Explored the value of diversity and creating safe spaces for inclusivity and diversity.



VALUING LIVES

Highlighted the connection between mental and physical well-being.



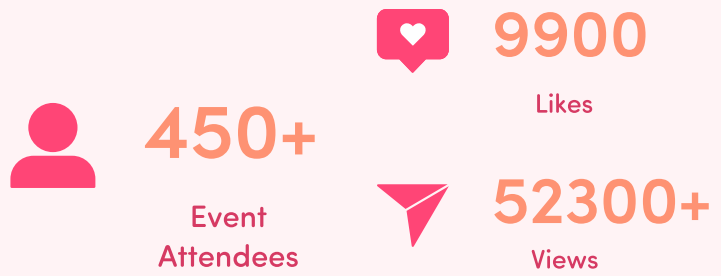
ENHANCING CONNECTION

Addressed loneliness and how to build meaningful relationships.



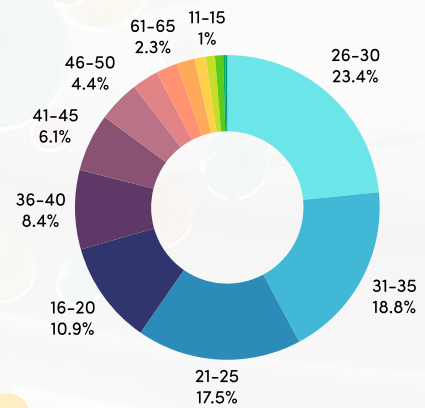


Event & Online Engagement Insights



Majority of Attendees were Female, 26-30 years old

with moderate stress levels, reported feeling lonely during night time, and their coping strategy was recognizing emotions.

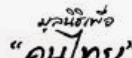


4.4/5



Event Satisfaction Score

The Better Mind Better Bangkok 2024 event successfully created a platform for destigmatizing mental health discussions, building awareness, advocating for accessible solutions, and facilitating skill-building and community connection. By openly addressing mental health issues, the event encouraged participants to share their experiences and seek support. The discussions and activities highlighted the need for sustainable mental health resources and support systems in the community, equipping participants with tools for better mental health management and fostering a sense of belonging.







Better Mind Better Prague



Czech
Republic

On October 10, 2024, to mark World Mental Health Day, we hosted **Better Mind, Better Prague 2024** at **Newton University in Prague, Czech Republic**. The event welcomed over 350 attendees and focused on youth mental health, peer support, and the importance of open, honest conversations.



Our **Co-founder and CTO, Ondrej**, shared the personal journey behind the creation of the Sati App, which started in the Czech Republic and has since grown into a platform supporting thousands of users across Thailand. His talk highlighted the role of technology in making mental health support more accessible.

Throughout the day, students joined panel discussions featuring speakers from the mental health and tech communities. These sessions gave space for real dialogue—about the challenges young people face today, and how peer support can make a difference.



Hosting this event was a special moment for our team. It reminded us of the power of connection, and how important it is to keep showing up for one another. We're thankful to everyone who attended and helped create such a thoughtful and supportive atmosphere.



Better Mind Better Lampang



📍 Thailand

On September 22, 2024, we co-hosted **Better Mind, Better Lampang 2024** with our friends at **Mindset Maker**, bringing together 224 young people from across the province. The event was part of the Lampang Youth Assembly, a youth-led space focused on reimagining what a mental health-friendly community could look like.

Throughout the day, students shared their experiences, explored challenges they face, and worked together to shape ideas that could lead to real change in their schools and neighborhoods. It was honest, energizing, and full of practical insights.



Four key themes emerged from the conversations:

- **Youth Counselors (YC) in Schools:** Participants called for dedicated youth counselor roles to be created in schools—young people trained to support their peers and help build stronger mental health awareness in classrooms across the province.
- **Bridging School and Home:** There was a strong push to shift how teachers and parents understand their roles in mental health, with the goal of creating more supportive relationships both at school and at home.
- **Public Spaces that Support Mental Well-Being:** From parks to community centers, the group imagined ways to make everyday spaces more welcoming and inclusive, with tools and activities that support emotional wellness for everyone.
- **Youth Voices in Decision-Making:** Finally, the event highlighted the importance of connecting youth councils and local networks so that young people can be part of policy conversations and work alongside local authorities to shape programs that affect them.

These takeaways will help guide future efforts in Lampang, with the Lampang Provincial Administration Organization and other partners looking to youth as key players in building healthier, more supportive communities.





Better Mind Better Vientiane



Laos



On December 8, 2024, **Gamlangchai**, a community-based mental health organization in Laos, hosted **Better Mind, Better Vientiane 2024**, with our team proud to support as a co-host. The event took place in the heart of Vientiane and welcomed a highly engaged crowd—most of them young women—who came to connect, reflect, and take part in important conversations around mental health.

There were thoughtful sessions focused on well-being in the workplace, offering practical tools for stress management and self-care, and gender-based violence session, where individuals shared their personal stories. There was also a session centered on the **L.O.V.E.** theme—**Loving yourself, Opening hearts, Valuing connection, and the Essence of empathy**—which encouraged deeper reflection and emotional awareness.

In addition to the discussions, attendees could access local mental health resources, speak with support volunteers, and take part in mindfulness activities designed to bring calm and clarity to the day.

To wrap up the event, Gamlangchai hosted a live concert by a local artist, giving everyone a chance to wind down and celebrate the connections made.



We're grateful to Gamlangchai for leading this heartfelt and impactful gathering, and honored to have been part of an event that created such a meaningful space for dialogue, healing, and community—especially for young people in Laos.



Bench With Ears

The Bench with Ears project is a project [Sati collaborates with Joodpakjai and TIMS](#), aiming to bring mental health support directly to the community through trained volunteers. Inspired by the successful Friendship Bench Model from Zimbabwe, this initiative aims to empower local individuals to help those in need. We recruited and trained 35 volunteers from various backgrounds—teachers, researchers, artists, and more—who are passionate about making a difference.



The Bench with Ears project is dedicated to creating a supportive and effective training program for mental health volunteers. By laying a solid foundation and utilizing available resources wisely, we aim to empower communities to tackle mental health challenges head-on. Well-trained volunteers are crucial to this effort; they not only lighten the load for healthcare professionals but also make mental health support more accessible and tailored to the specific needs of each community.

Ultimately, our goal is to strengthen Thailand's mental health system, ensuring that support is accessible and effective for everyone, no matter where they live. This project is about building a network of support that fosters understanding and accessibility of mental health care, creating a healthier future for all

The average age of our volunteers is **43 years**, with ages ranging from 22 to 68. Most are women, but we also have men and individuals from diverse gender identities. Our volunteers come from various professional backgrounds, mainly corporate roles, followed by retirees and self-employed individuals.

In summary, the Bench with Ears Project is not just about providing immediate support; it's about creating a **sustainable framework for mental health care in Thailand**. By training volunteers and building community resilience, we aim to tackle mental health challenges effectively and comprehensively across all communities.



35

Trained
Volunteers

43

Average
Age



New PFA Course & E-Learning

Although our current Psychological First Aid (PFA) curriculum has been developed with care and adopted from WHO Framework, it still lacks accessibility for many individuals. To address this gap, we aim to create a new curriculum that fosters more empathetic listeners from all backgrounds, including those with disabilities. This initiative seeks to build a supportive environment where everyone can contribute to mental health care in their communities.

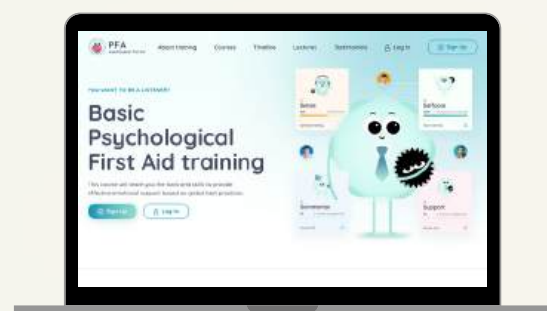
The ultimate goal of this curriculum is to empower individuals from diverse backgrounds, including those with disabilities, to become effective peer support providers. By equipping them with essential skills, we aim to enhance their readiness for the job market, ultimately increasing their employment opportunities.

The curriculum is being developed in collaboration with mental health professionals, diversity and inclusivity advocates, Sati App volunteers, and individuals with disabilities to ensure accessibility and best practices throughout the development process, accommodating diverse learning needs.

We have completed the content outline for the new PFA curriculum, which will consist of **five modules based on the 4S framework: Support, Sense, Summarize, Self-Care, and Application**. Participants will gain psychological first aid skills to provide primary mental health support and may choose to become volunteer listeners on the Sati App.

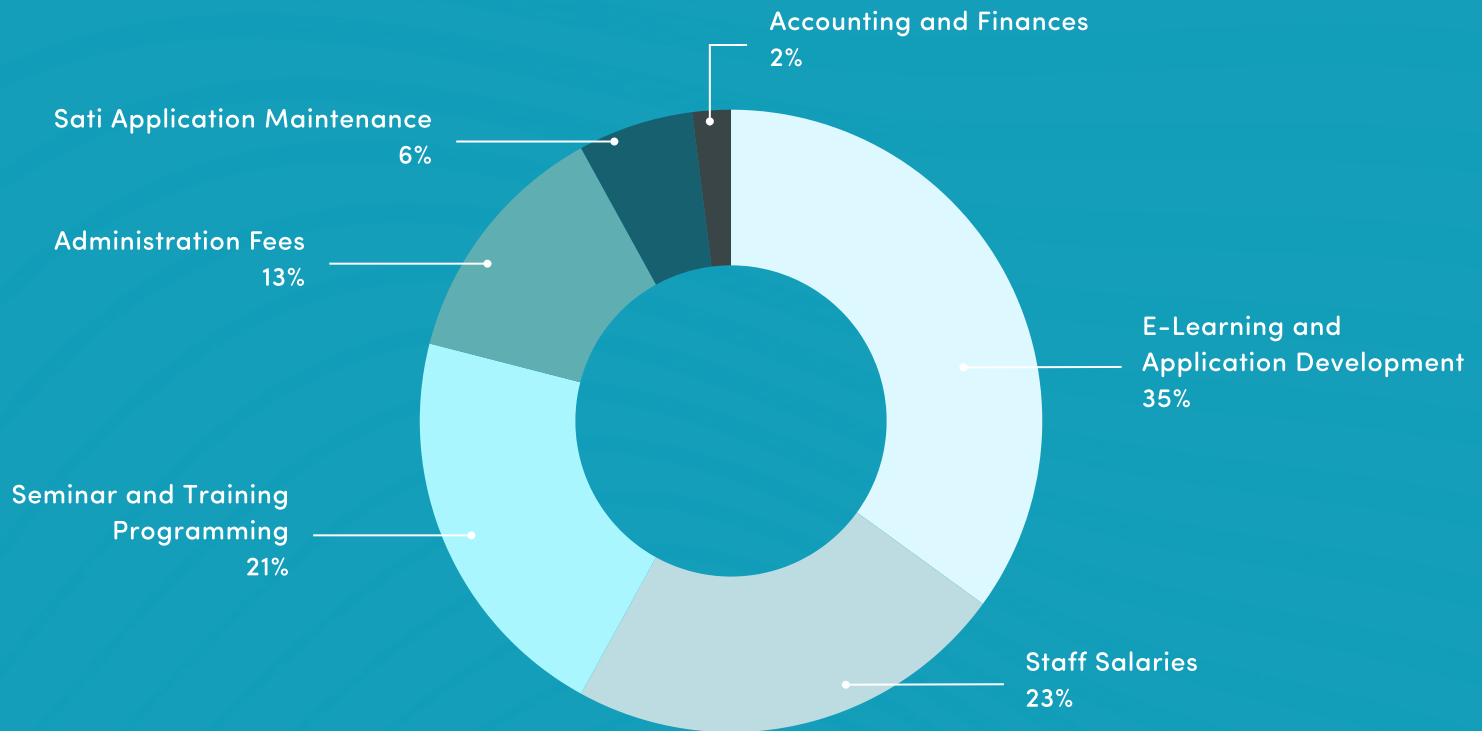
We are currently in the content integration and testing phase of the e-learning platform, focusing on individuals with disabilities. The backend has been crafted, and we are in the process of producing lecture scripts and video content for the e-learning modules, ensuring effective delivery of the new curriculum.

The new PFA initiative represents a beacon of **hope for the mental health care system**, empowering individuals to acquire essential first aid skills for their own mental well-being and that of others in the community. The Psychological First Aid curriculum is expected to be published by the end of May 2025, paving the way for a more inclusive and supportive mental health environment.



Preview of the New E-Learning Platform

Financials



Our Allies





Kathmandu
Charter

Partnerships & Collaborations

WHO in South-East Asia Region: Kathmandu Charter

In June 2024, Sati App was honoured to attend the **South-East Asia Regional Meeting on Mental Health: Voices of People with Lived Experience**, hosted in Kathmandu by the World Health Organization (WHO) South-East Asia Regional Office and the Centre for Mental Health Law & Policy, ILS Pune. The summit gathered individuals with lived experience of mental health conditions, caregivers, advocates, and policymakers from across the region to co-develop strategies that place lived experience at the heart of mental health reform.

Our founder, Amornthep, was invited to speak on “Pathways for Improving Awareness of Lived Experience on Mental Health Conditions.” He shared his personal story of navigating mental health challenges and the journey of building Sati App. The talk emphasized the urgency of addressing the mental health crisis with innovation, inclusion, community care, and human connection.

Over the two engaging days, several key themes emerged:

- **Urgency over normalization:** Conversations that have been ongoing for decades still lack sufficient action and urgency, especially in the face of worsening mental health conditions across the region.
- **Systemic change is essential:** We must move beyond the traditional healthcare system and toward reforms in education, employment, housing, and policy that centre equity, dignity, and access.
- **Technology is a tool, not a replacement:** Harnessing a humanistic approach. A truly inclusive mental health system must prioritize human connection and holistic approaches over purely digital solutions.
- **Regional solidarity and policy reform:** Focusing on a rights-based framework to protect and empower individuals with lived experience. The Kathmandu Charter affirms rights to accessible, affordable, community-based care, autonomy in decision-making, legal and political participation, and freedom from discrimination.

The summit was a powerful reminder that people with lived experience are not only beneficiaries of mental health systems but key stakeholders who can provide essential architects of a better future.



Partnerships & Collaborations

Maybelline Brave Together: Brave Talks on Campus

In 2024, we partnered with Maybelline Brave Together to promote mental well-being and expand awareness of the Sati App as a support tool for those in need of someone to talk to. Through this collaboration, **we trained empathetic listening nearly 50 students** across Satit Thammasat School, Mahidol University, and Chulalongkorn University. These workshops equipped participants with essential skills to support their peers and foster a culture of compassion and mental health advocacy on campus.

We are deeply grateful for our partnership with the **Maybelline Brave Together Campaign**, whose support has significantly amplified our mission. Through this collaboration, we have reached more individuals and equipped them with essential skills to become effective peer supporters. Helping to create a ripple effect of empathy, resilience, and support across communities.

This partnership has enabled us to break down barriers to accessing foundational mental health care and empowered youth to step forward as advocates for mental well-being within their own circles. Together, we are fostering a movement where mental health is no longer stigmatized but embraced as a shared responsibility.



IMETMAX X Mentorship Program for Social Driven Organization

We are immensely grateful for the opportunity to participate in the IMETMAX cohort. This program, initiated by the Institute for Management Education Thailand (IMET), aims to develop and elevate the capabilities of organizations driven by social goals. Over an intensive 8-month period, we received close mentorship that has profoundly influenced our growth and innovation.

Throughout the year, we engaged in intensive mentoring sessions lasting 3 to 4 hours with our dedicated mentors, [Visit Yindisiriwong](#), [Ekaluck Wangchucherdkul](#), and [Sarut Vanichpun](#). These sessions have been instrumental in helping us rethink our vision and mission. Through their insightful guidance, we could evaluate where we should head and where we currently stand in our journey. Their unwavering support and commitment have been invaluable, as they invested significant time and effort in providing constructive feedback and pushing us toward our true potential. Our mentors encouraged us to explore innovative solutions and think outside the box, which has been crucial for our development as an organization. Their expertise and experience have provided us with a clearer perspective on our goals and the impact we wish to create.



We have also had the opportunity to share our experiences and learn from others, which has enriched our understanding of the social landscape. This exchange of ideas has sparked new initiatives and collaborations that align with our mission, enabling us to expand our reach and effectiveness.



Through this program, Sati has gained valuable insights and resources that helps enhance our initiatives and drive meaningful change in our community. The lessons learned and relationships forged during this program will undoubtedly shape our future endeavors as we continue to strive for a more accessible and supportive environment for all.



Partnerships & Collaborations

Sustainability Expo 2024

At the Sustainability Expo 2024, we had the privilege of showcasing Sati's latest feature—**Mood Tracker**. Visitors to our booth were invited to explore this new feature and engage in guided meditation sessions, offering them a moment to pause, reconnect, and be present amidst the bustling event. The experience highlighted the importance of mental well-being as part of sustainable living, and we were inspired by the many meaningful conversations it sparked.



Our team also had the opportunity to participate as a **panellist** during the SX Expo 2024 on the topic of “**New Beginnings with Physical and Mental Health.**” The stage gave us a chance to highlight the importance of self-care and how self-care isn’t a one-size-fits-all solution; rather, we need to understand ourselves to know what truly works for us. Moreover, we also engaged in the discussion of mental health resilience and understanding mental health from the BioPsychoSocial aspect.

We curated and **moderated** the panel “**Heart at Work: Understanding the Key to Working with Happiness,**” featuring our partners Food Passion and Vulcan Coalition. They shared powerful stories from their work with youth, people with disabilities, and low-income communities—highlighting mental health as a pillar of workplace success and exploring the impact of AI on the next generation of workers. While there may be no single key to happiness at work, fostering safe, inclusive spaces for meaningful connection remains fundamental to cultivating an empathic company culture and driving sustainable business.



Partnerships & Collaborations

Global Mental Health in 2025 Symposium

We were honored to participate in the **Global Mental Health in Asia 2025 Symposium**, hosted by **SingHealth Duke-NUS Global Health Institute**, in **Singapore**. Over three impactful days, we joined leading voices across the region to address the urgent need for greater investment in mental health.

The current mental health landscape in ASEAN remains fragile. While stigma continues to pose significant challenges, we are also confronted with structural barriers—limited access, unaffordable services, evolving socio-political dynamics, and the growing impact of climate change. Today, over 250 million people in ASEAN are living with mental health conditions. We are shifting from resilience to tolerance, and in doing so, becoming reactive rather than adaptive to change.

Despite the scale of need, less than 2% of national health budgets across the region are allocated to mental health. Even more concerning, although 75% of mental health conditions emerge before the age of 24, less than 0.1% of total health aid targets youth mental health.

Crucially, our policies must reflect lived realities—they must be bold, grounded, and responsive. We cannot afford delay or denial when it comes to addressing the growing mental health crisis.

The symposium emphasized community-based approaches, early intervention for youth, and the importance of grounding policy in lived realities. We were grateful for the opportunity to share Sati's work in Thailand and connect with others committed to building a stronger, more inclusive ecosystem of care.



Partnerships & Collaborations

Beyond Rainbow; Mental Health, Pride, And You

On October 29, 2024, at Beyond the Rainbow: Mental Health, Pride, and You, organized by **IHG Hotels & Resorts**, our CEO, Amornthep, joined IHG employees in a meaningful conversation on mental health, identity, and self-care. The heart of the discussion centered on how self-care isn't one-size-fits-all—while we may share similar experiences, each person's journey is unique, and what supports one person's well-being may not work for another. Just as important was the reminder that even our most difficult emotions have something to teach us. Rather than pushing them away, listening to those feelings can help us better understand our needs and recognize when it's time to reach out. We're grateful to IHG Hotels & Resorts for opening space for such a thoughtful and impactful dialogue.



Galya Rajanagarindra Institute: With Great Listening Comes Great Power

On November 27, 2024, as part of National Mental Health Week, Sati was invited to speak at With Great Listening Comes Great Power, hosted by **Galya Rajanagarindra Institute at Wat Hong Rattanaram**. The event spotlighted the often-overlooked mental health needs of monks—figures who have long provided emotional and spiritual support within Thai communities. While they are seen as sources of guidance, monks themselves face unique mental health challenges that are rarely acknowledged. This conversation served as a reminder that care must extend to all, especially those who carry the weight of caring for others. We're grateful to Galya Rajanagarindra Institute for opening space for this important dialogue.



Mission Thailand: Hidden Disabilities Sunflower Launch

On December 3, 2024, a member of the Sati team spoke at the **Hidden Disabilities Sunflower Program Launch**, hosted by **Mission Thailand** at the **U.S. Chief of Mission Residence** for the International Day of Persons with Disabilities. The event was a powerful reminder that inclusion must extend to both visible and hidden disabilities. Hearing personal stories from the Ambassador and fellow speakers underscored the value of lived experience and the need to truly listen. We were honored to share Sati's work and be part of a space that encouraged reflection, advocacy, and deeper commitment to accessibility and dignity for all.



Happening in 2025



Scheduled for October 5th, 2025, this event will focus on the theme of H.O.P.E. (Healing, Optimism, Possibility, Empowering). We aim to create a welcoming space where individuals can come to recharge and take care of their well-being.



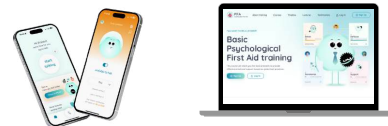
The initiative of Better Mind Better City in 2025 is expanding to more cities nationally in Thailand, the Czech Republic, and other locations, tailoring mental health resources and tools to fit local cultures. We also open opportunities to host Better Mind event to further the impact.

New Look & Features on Sati App

We are redesigning Sati App to serve as a convenient self-care space for everyone, introducing new features that facilitate mental health support, including a directory for professional help. Additionally, a call scheduling feature is going to allow users to arrange calls with our trained psychological first aid volunteers, ensuring timely support when needed.

New PFA & E-Learning Platform

Our new Psychological First Aid (PFA) curriculum is going to be publicly accessible and free for everyone. This upgrade aims to equip individuals with essential skills to provide mental health support in their communities.



Bench With Ears

After completing our training, we're ready to bring the Bench with Ears to life in public spaces, starting at Centenary Park at Chulalongkorn University and expanding to other parks in Bangkok. This initiative will also be available for corporates and organizations interested in adopting a bench, helping to create safe spaces for everyone in the community.

Heart With Ears On-Site Training

We are enhancing the volunteer onboarding process to ensure a smoother transition into our program. The training is going to focus on expanding the reach of creating empathetic listeners in specific areas, equipping participants with the skills necessary to provide effective support tailored to their communities.

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Support Our Work

Join us as Empathetic Volunteer Listener

Become our volunteer by completing our **Psychological First Aid course** on this e-learning platform.



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