Online and mobile tools have the potential to make the benefits of psychotherapies widely available. However, most tools are not designed for peers to help each other in supportive conversations. We introduce two peer-to-peer therapy tools for peers to practice skills together that promote mental health.

Cheeseburger Un-Therapy is an online tool for peers to have supportive conversations using cognitive techniques. Helpers are trained to elicit and empathize with thoughts, feelings, and behaviors.

Users work in supportive pairs to find a troubling thought and brainstorm alternatives. Chatback is a mutual help tool that prompts both users to disclose a troubling situation and to clarify each other’s thoughts, feelings, and motivations.

If you want to try these tools, give feedback, or learn more, please contact Katie O’Leary at kathlo@uw.edu.

We use rapid prototyping techniques to explore this design space, yielding insights for psychotherapy and design.