



For Immediate Release

Mental Health Center of Denver & Meru Health Launch Pilot Program to Increase Access to Mental Health Care in Colorado

Twelve-week pilot program to treat anxiety and depression

DENVER — Sept. 18, 2020 — The [Mental Health Center of Denver](#) (MHCD) and [Meru Health](#) today announced a new pilot program for people in need of increased mental health care due to stress, depression, anxiety and fatigue. The pilot is an extension of the current mental health treatment provided by the Mental Health Center of Denver and will provide additional options for MHCD clients to access care through the Meru Health program.

“With the sharp rise in demand for mental health care, it’s critical that we improve access to care,” said Carl Clark, MD, president and CEO of MHCD. “The Meru Health program allows for daily interactions between clients and therapists to encourage and provide real-time support. This pilot will enable us to help provide care to more people more often.”

The pilot program consists of 40 people in treatment with MHCD who will benefit from additional care. These clients will enter the 12-week Meru Health program, which consists of a combination of tech-enabled support, a network of high-quality behavioral health providers, a smartphone-based digital app, and a biofeedback wearable device. The program also includes continual conversations – often daily or bi-daily – with a dedicated therapist through teletherapy and texting. Meru Health will supply feedback about the patient’s progress to MHCD to seamlessly augment each client’s current treatment. The goal of the pilot program will be for MHCD to provide innovative, alternative options to care to improve access and increase the number of people they can serve.

MHCD chose Meru Health because of the program’s exceptional peer-reviewed (Harvard University and UC Davis research) clinical outcomes, as well as one-on-one remote care by dedicated licensed therapists at a time when social distancing is a must. Combining evidenced-based therapies and state of the art technology that empowers participants to get well and stay well, the Meru program is a comprehensive mental health solution to treat depression and anxiety.

“Meru Health is proud to deliver our proven behavioral health program to Colorado communities, helping deliver better access to care,” said Meru Health Founder & CEO Kristian Ranta. “MHCD is a nationwide leader in community behavioral health centers that are embracing innovative

solutions to effectively engage with and help clients. I'm confident our team and remote care solution will make a positive impact."

Funding for the pilot program comes from a collaboration between the [State of Colorado's Office of eHealth Innovation \(OeHI\)](#) and [Prime Health](#), who together are finding new, innovative solutions to improving access to mental health care.

About Mental Health Center of Denver:

The Mental Health Center of Denver is known nationally as a model for innovative community mental health care. For more than 30 years, we have provided mental health and support services to enhance the well-being of children, families and adults in the Denver metro area. We are a private, not-for-profit community mental health center that primarily serves the City and County of Denver. Working together with our partners, we create opportunities for people to overcome challenges and impact communities. Last year, we provided treatment, prevention, outreach and crisis services to more than 60,000 children, families and adults. To learn more, visit www.mhcd.org.

About Meru Health:

Meru Health is an online provider for greater mental health with remote clinicians (licensed therapists & psychiatrists), a smartphone-based treatment program, a biofeedback wearable and an anonymous peer-support group. Meru's digital therapeutic program consists of continuous remote clinician support, at-home therapeutic lessons and practices (e.g. cognitive behavioral therapy, mindfulness, biofeedback), as well as nutritional psychiatry and sleep medicine lessons and coaching. Meru Health is committed to evidence-based care and has published groundbreaking clinical outcomes in several peer-reviewed medical journals. Meru Health has offices in San Mateo, California and Helsinki, Finland. For more information, visit www.meruhealth.com.

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