

HELPING MINDS

— Specialized Mental Healthcare —



Augmenting Therapists with
Technology to Treat OCD and BFRBs

About Us

Helping Minds is a digital mental health company dedicated to making specialized therapy more accessible by augmenting therapists with technology. We operate a family of condition-specific brands:

- **SkinPick** for excoriation (skin picking) disorder
- **TrichStop** for trichotillomania (hair pulling)
- **StopOCD** for obsessive-compulsive disorder

What We Offer

We fill a critical treatment gap for OCD and BFRBs - conditions that are often misunderstood, misdiagnosed, and undertreated.

Our programs combine expert therapist support with personalized digital journeys, making care more effective, flexible, and affordable.

Evidence-Based Care, Backed by Research

Our treatment model is grounded in gold-standard, evidence-based protocols for OCD and related disorders - including **ERP**, **HRT**, and **ACT**. All programs are guided by qualified clinicians with deep expertise in these conditions.

We also led the largest peer-reviewed study on digital treatment for Body-Focused Repetitive Behaviors (BFRBs):

“Efficacy of Internet-Based, Therapist-Assisted Treatment Programs for Hair Pulling and Skin Picking: Preliminary Results”

(Dar et al., 2023, Cognitive Therapy and Research)

Scan to learn more



Our Programs

Condition-specific, digital-first therapy, guided by a network of expert clinicians and rooted in evidence-based care.



A leading online program for skin picking disorder, delivered by clinicians with deep expertise in BFRBs.



Online therapy for trichotillomania, with dedicated programs for individuals and for parents.

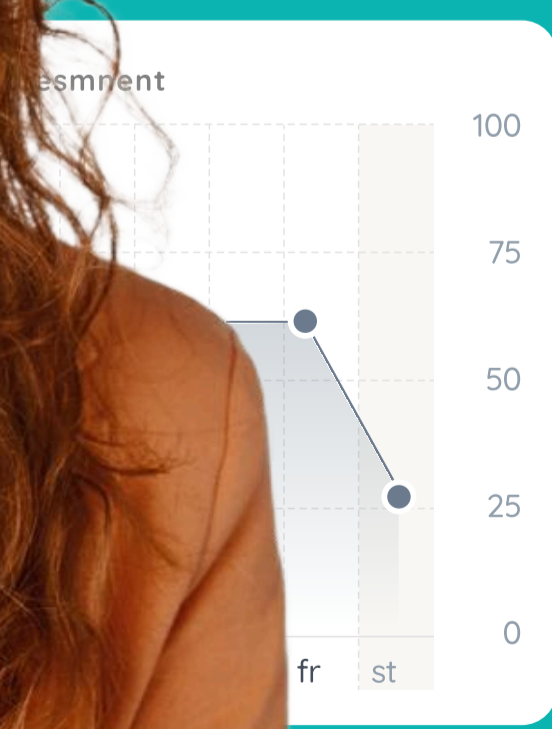


ERP-based online treatment for OCD, providing flexible access to structured, expert-guided care.

A woman with long, wavy brown hair is smiling and looking down at her smartphone. A yellow curved line is drawn above her head, pointing towards the text blocks above.

My next session
Competing responses and stimulus control

My tools for this week



Partner With Us

Support your patients. Stay informed.
Collaborate with purpose.

What We Offer:

Condition-Specific Education

Live webinars and workshops on excoriation disorder, trichotillomania, and OCD.

Podcasts by Condition

Separate podcasts under each brand, featuring expert insights and lived experience.

Refer a Patient

Easily refer individuals to expert-guided treatment for excoriation disorder, trichotillomania, or OCD.

Collaborate on Research

We work with academic and clinical partners to publish and validate condition-specific outcomes.

Explore Partnerships

We collaborate with clinics and organizations to adapt our platform to broader care needs.



Scan to learn more