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Nomadful, a new mental-wellbeing app, releases around the world

New mental well-being app is now available in 30 countries

London, UK: Today, Nomadful, Ltd., a company developing mental well-being mobile products, has released the **Nomadful** mobile app to the iOS platform. After six months of development, the app is finally shipping to devices around the world.

Mental health and mental well-being are fundamental human rights. Nomadful is on a mission to guarantee those fundamental rights are given to everyone, free of charge, and always putting users front and centre.

The Nomadful mobile app is a simple, pocket-size toolkit that provides users with powerful features, such as:

- **Breathing sessions:** Users can select from a range of breathing sessions to relax or wind down.
- **Sounds:** The first version of the app ships with a collection of over 10 in-house composed sounds to help users focus and sleep.
- **Mood logs:** A feature exclusively designed to help users understand their feelings and identify patterns through helpful statistics.
- **Help portal:** Nomadful offers a help portal for users seeking mental health advice. The help portal offers coverage in 30 countries:
 - Argentina, Australia, Austria, Belgium, Brazil, Canada, Chile, Denmark, Finland, France, Germany, Greenland, Iceland, Ireland, Italy, Japan, Luxembourg, Malta, Mexico, Netherlands, New Zealand, Norway, Portugal, Singapore, South Africa, Spain, Sweden, Switzerland, United Kingdom and United States.
- **Journal:** A simple journal that allows users to write unlimited entries, with unlimited characters and up to three photos. Each entry can be linked to a state of mind (neutral, pleasant or unpleasant).

About Nomadful, Ltd.: [Nomadful, Ltd.](#) is an internet company based in London, United Kingdom. Founded in 2024, Nomadful has designed, developed and distributed products to help people gain worldwide and free access to mindfulness and well-being tools.