Both Ends

iAsked. iAnswered.

Every hard moment has two ends. Hold yours.

A free, private app where your own circle of three to five people looks after you in a hard moment: panic, grief, urges, trauma responses, burnout, caregiving, or anything else.

- **My card**: on a good day, write what a hard moment looks like for you, what helps, and what not to say.
- **I'm having a moment**: one tap asks your helpers to reach out. One says **"I've got this one"**.
- **Check-ins** for eight weeks afterwards. Every note ends "No reply needed."
- **Be someone's person**: a five-minute guide for helpers, with your own hours and a no-guilt way to step back. You may never be called.
- **Private by design**: end-to-end encrypted. No ads, no trackers, no location.

Scan or visit

bothends.care

Free on any phone or computer. Adults 18+, United States.

Both Ends is not an emergency service, not therapy, and not a medical device. Nobody is guaranteed to answer. In crisis in the US, call or text 988, or text HOME to 741741. In immediate danger, call 911.