



FOR YOU, BETWEEN SESSIONS

# A quiet place to hold what comes up in therapy.

A private reflection journal for the time between sessions. Insights from your last session can fade quickly — Lucca holds them for you, so they're there when you need them again.

## WHAT IT IS

A calm, private companion that helps you capture and remember what surfaces in therapy.

- Records your sessions on your own computer — audio is processed and discarded.
- Surfaces the threads from one session into the next, in your own words.
- Makes patterns visible across weeks, months, and seasons of work.

## YOUR PRIVACY

Everything stays on your device.

No cloud. No login for your therapist. Your words are encrypted with AES-256 on your computer, and only you hold the key.

## GET STARTED

Free for 30 days.

Currently macOS only. No credit card to start.

[meetlucca.com](https://meetlucca.com)

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*Lucca is a personal wellness journal — not a substitute for therapy or crisis support. If you are in crisis, please call or text 988 (US), or visit [findahelpline.com](https://findahelpline.com) for international resources.*

MEETLUCCA.COM  
HELLO@MEETLUCCA.COM