

ASHIA

All the wellbeing you need in one simple streaming service



16 Channels of Wellbeing Support



Signposted resources you can trust



Access to Expert Opinion



Real Stories & Big Interviews



Exclusive offers & Discounts



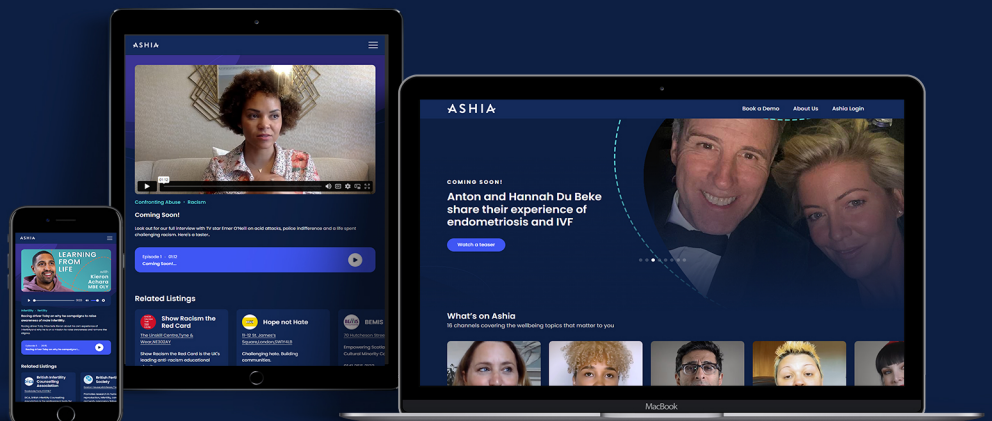
All of your streaming favourites

Easy, holistic, and personalised wellbeing support for everyone

Ashia is like Netflix and Spotify combined. It's built by people for people.

Ashia is derived from the Arabic meaning 'hope and life'. Ashia helps us learn from others and know that we are not alone. Ashia makes it easier to find HOPE – a necessity for us to live and work well.

With Ashia you can find the services, resources, and support that you might need, when you need it.



hello@frog.net | www.frogscsystems.co.uk