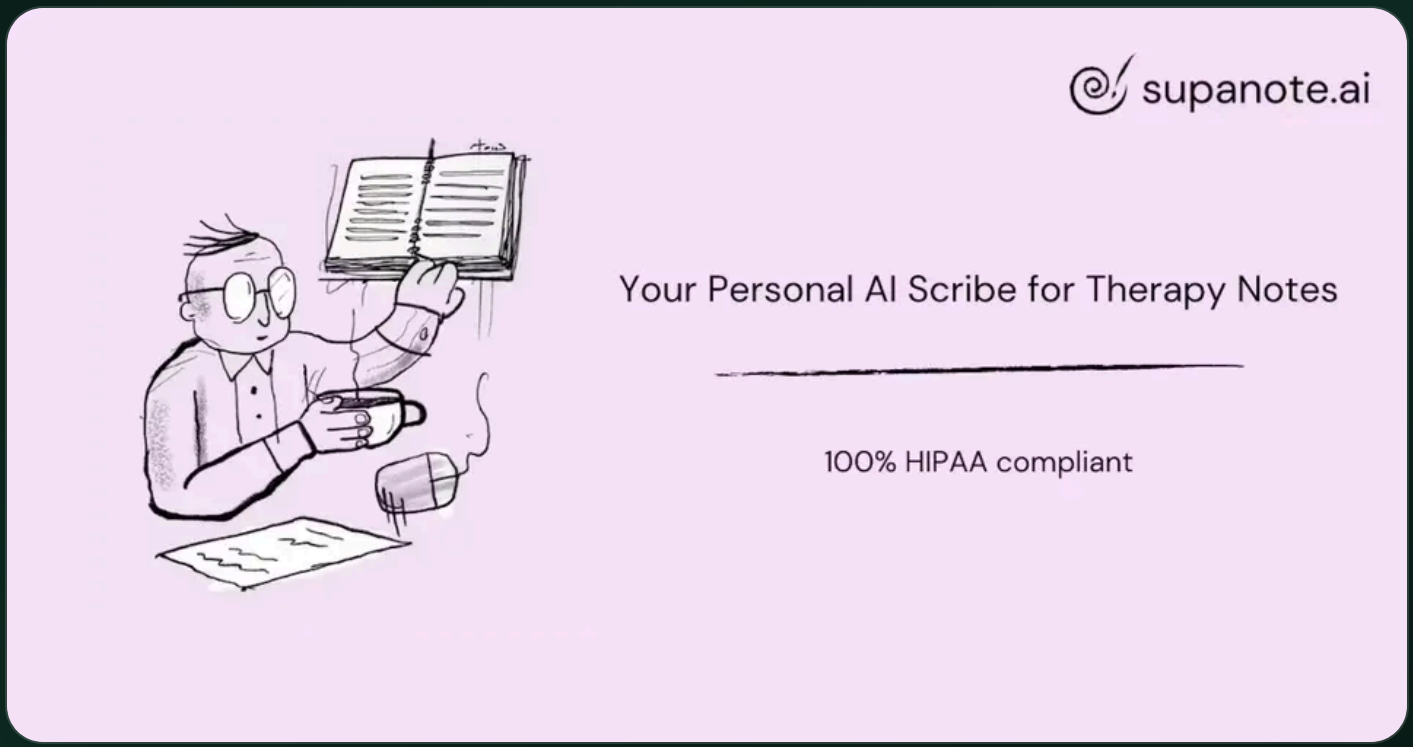
ToolGPA

NOVEMBER 2026

Supanote

The Insider's Guide

AI session notes for therapists and mental health providers



Every plan, grade, refund rule and rival among therapy and clinic software, read from Supanote's own pages.

Made by Supanote · checked Nov 13, 2026 · toolgpa.com

2.2
GPA

supanote.ai



Your Personal AI Scribe for Therapy Notes

100% HIPAA compliant

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Who made this guide, what else is on the site, and how to cite it

ToolGPA put this guide together from Supanote's own pages, its app-store listings and our grades. Every fact in it is on Supanote's page too, where it is kept up to date. Checked Nov 13, 2026.

Welcome

What it is, who it suits, its grades and the ten things to know first

2.2

GPA, above 34 of the 60 other therapy and clinic software we grade

Supanote turns a recorded, dictated or uploaded therapy session into a draft clinical note such as SOAP, DAP, intake or a treatment plan. It strips personal identifiers from notes and deletes recordings after scribing, according to the vendor. It is priced by plan tier, with a 14-day trial.

To get you started, here are **9 things to know about Supanote**, taken from its own pages and our grades.

> **A web sign-up where you set up templates and styles; no store rating on record.**
>
> From our grade for ease of use

1 **Best for AI session notes for therapists**

Supanote writes therapy session notes from a recording, dictation or upload.

2 **Paid plans start at $19.99 a month**

As its pricing page puts it: $19.99 per month, billed yearly ($29.99 billed monthly).

3 **You can try it first**

14-day free trial of the full product, no credit card needed

4 **It runs on Web**

Web.

5 **Record, dictate or upload**

Sessions can be recorded live, uploaded as audio or dictated afterward, in person or by telehealth, with automatic language detection.

6 **Note formats and templates**

SOAP, DAP, intake and treatment plan notes, plus custom templates (unlimited on Pro and above).

7 **Personalized style**

Tone, format and interventions can be set once, and on Pro the AI learns the clinician's writing style.

8 **A 2.2 GPA, above 34 of 60**

That is against the other therapy and clinic software we grade, on value, the free plan, features, ease of use and platforms.

9 **Keep it**

The plain part of Supanote you could make: clinical notes and templates. What surrounds it you could not. The 2 things listed below take a company, not a weekend.

Supanote at a glance

PRICING
Free trial, from $19.99 per month, billed yearly ($29.99 billed monthly)

FREE PLAN
No

FREE TRIAL
14-day free trial of the full product, no credit card needed

RUNS ON
Web

MADE BY
Supanote

CATEGORY
Therapy & Clinic Software

OUR GRADE
2.2 GPA, fair

The report card

Best for AI session notes for therapists

Supanote writes therapy session notes from a recording, dictation or upload. Starter is $19.99 a month billed yearly but caps notes at 40 a month, and it doesn't schedule or bill.

TOOLGPA REPORT CARD	Supanote	Graded Nov 13, 2026
SUBJECT	GRADE	COMMENT
Value for money	B	Starter is $19.99 a month billed yearly, inside the cheaper quarter of therapy tools but above $16.20. Pro at $39.99 is where notes become unlimited.
Free plan and trial	C	A 14-day trial of the full product with no card, and no free plan after it.
Features	C	Notes, templates, treatment plans, consent forms and a BAA. It does the notes job fully, but only notes: no scheduling or billing.
Ease of use	C	A web sign-up where you set up templates and styles; no store rating on record.
Platforms and integrations	C	Web only, with EHR integration on Pro and above and no apps.
Grade point average		Fair, out of 4.0 **2.2**

An A is worth 4 points, a B 3, a C 2, a D 1 and an F nothing. The GPA is the average of the five.

Who Supanote is for

- ✓ Fits if you're a therapist who spends evenings writing up sessions
- ✓ Works for solo practitioners who already have a scheduling and billing tool

Who it is not for

- ✗ Skip it if you want scheduling or billing, as it writes notes only
- ✗ Tight if you see more than 40 clients a month, since Starter caps notes there
- ✗ Pricey if you want group sessions, which sit on XL at $69.99 a month
- ✗ Watch out: EHR integration starts at Pro, at $39.99 a month billed yearly

Good to know

Good for

- ✓ Solo therapists and psychologists who want notes drafted from sessions
- ✓ Practices that already have an EHR and only need a documentation add-on
- ✓ Group practices that need a custom BAA

Worth knowing

- ⓘ Starter caps notes at 40 a month; unlimited notes start at Pro.
- ⓘ Group therapy sessions are listed only on XL and Group Practice.
- ⓘ The pricing page shows only the web sign-up, and no mobile apps are listed.
- ⓘ It writes notes only; it does not schedule or bill.

PART 02 · PRICING

What it costs

Every plan, the free plan, ways to pay less and how prices have moved

$19.99

A month to start

Supanote is a paid product with a free trial, starting at $19.99 per month, billed yearly ($29.99 billed monthly).

STARTER

$19.99

per month, billed yearly ($29.99 billed monthly)

40 notes a month, custom templates, automatic treatment plans, couple sessions, consent forms and a BAA, with human support.

PRO

$39.99

per month, billed yearly ($49.99 billed monthly)

Starter plus unlimited notes, EHR integration, a style that adapts to the clinician, a secure client AI workspace and priority support.

XL

$69.99

per month, billed yearly ($89.99 billed monthly)

Pro plus group therapy sessions, on what the vendor calls its most sophisticated AI.

GROUP PRACTICE

Custom

For clinics and teams: unlimited notes, EHR integration, team permissions, a custom BAA and dedicated support. Booked through a demo.

Trying it first

14-day free trial of the full product, no credit card needed

Read from supanote.ai on Nov 13, 2026.

Ways to pay less

ANNUAL DISCOUNT

Lower price with yearly billing

The pricing page has a Yearly and Monthly toggle; yearly shows $10 a month less on Starter and Pro, and $20 less on XL.

Stated on supanote.ai

What it does

Its main features, where it runs, what it works with and who makes it

1

Place it runs: Web

AI session notes for therapists and mental health providers. Here is what it does, as its own site describes it, and what it covers: AI features, transcription, templates, clinical notes.

> **Notes, templates, treatment plans, consent forms and a BAA.**

From our grade for features

Record, dictate or upload

Sessions can be recorded live, uploaded as audio or dictated afterward, in person or by telehealth, with automatic language detection.

Note formats and templates

SOAP, DAP, intake and treatment plan notes, plus custom templates (unlimited on Pro and above).

Personalized style

Tone, format and interventions can be set once, and on Pro the AI learns the clinician's writing style.

Privacy handling

Names and places are removed from notes, recordings are deleted after scribing and notes can be deleted at any time, per the vendor.

EHR integration

Pro and Group Practice list EHR integration; other users copy or download signed notes into their record system.

Extra documents

Pro adds collateral emails, intervention planning and discharge notes.

Where it runs

Web

What it works with

Its own pages name no integrations.

Supanote is made by Supanote.

Where it stands

Its grades against its category, and whether to keep it or make your own

34/60

Other therapy and clinic software it is graded above

Supanote's GPA of 2.2 is higher than 34 of the 60 other therapy and clinic software we grade, and level with 11.

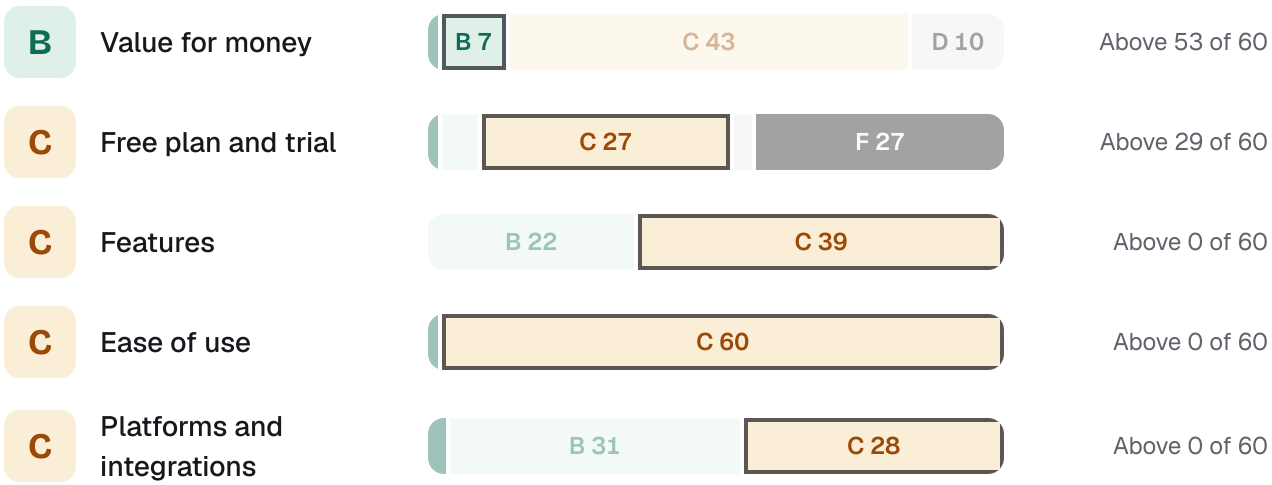
It stands best on value for money (B, above 53 of 60) and worst on features (C, above 0).

Its paid plans start at $19.99 a month, against a middle price of $35.75 for the category: 6 of the 32 others that charge start lower.

On features, ease of use and platforms it scores 2.0 out of 4. 6 tools score higher and cost less.

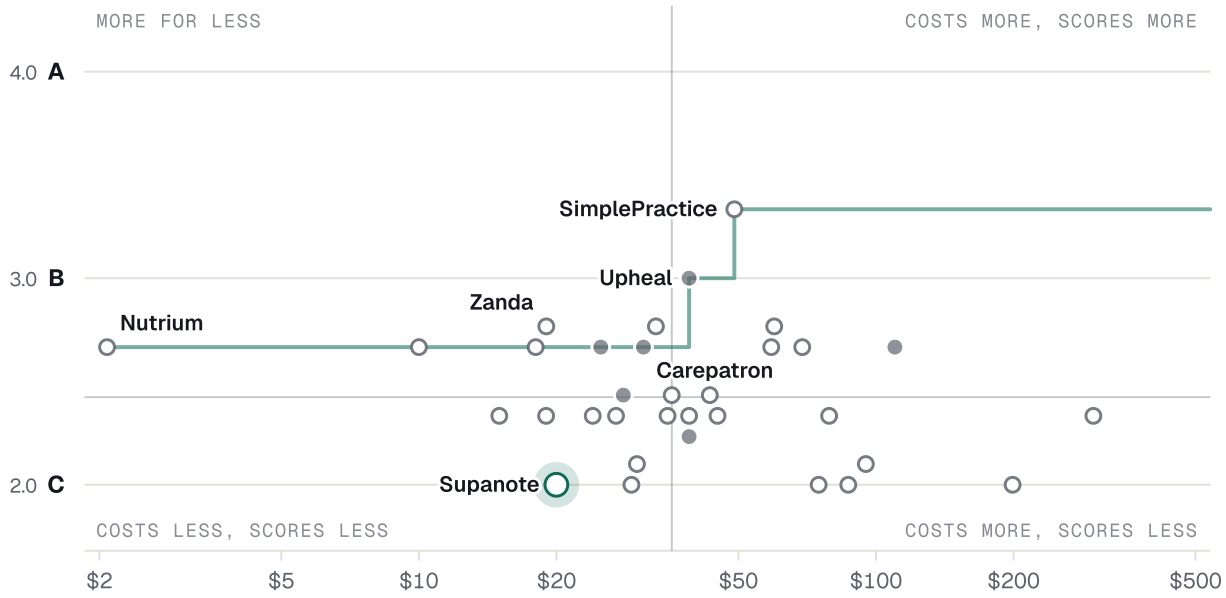
Each grade against the category

Every bar is all 61 therapy and clinic software we grade, cut by the letter each got. Supanote's own letter is outlined.



Price against what you get

Each dot is one of 33 therapy and clinic software. Further left costs less; higher up scores better on features, ease of use and platforms. Supanote is the marked dot.



What paid plans start at, a month (each step along is roughly double)

Keep it, or make your own?

Whether this is something you could build for yourself with an AI app builder, and what you would give up.

Keep it

The plain part of Supanote you could make: clinical notes and templates. What surrounds it you could not. The 2 things listed below take a company, not a weekend.

It costs $239.88 a year.

What you could make

- Clinical notes and templates: an app builder makes these well.

What you could not

- Speech turned into text you can trust.
- AI features, unless you pay a model provider for each request yourself.

What this rests on. Supanote's listing: what it does, where it runs, what it plugs into and what it costs. It is a judgement about the kind of software this is. We have not built a replacement for it, and making your own means looking after it too. How we decide, and every tool's verdict.

The alternatives

The tools it is most often weighed against, side by side



Mentalyc, Upheal, Freed, Heidi Health and Eleos Health

The 5 tools Supanote is most often weighed against, with where each one differs from it.

2.4 GPA

Mentalyc

Free trial · from $14.99/mo

AI session notes and treatment plans for therapists.

- Mentalyc also covers reports.

Supanote and Mentalyc compared in full

2.8 GPA

Upheal

Free plan · from $39/mo

AI therapy notes, with an optional full practice EHR.

- Upheal has a free plan. Supanote does not, though it has a free trial.
- Only Upheal lists macOS, iOS and Android apps.
- Supanote also covers templates.

Supanote and Upheal compared in full

2.0
GPA

Freed

Free trial · from $39/mo

AI scribe that drafts clinical notes after each visit.

- Only Freed lists an iOS app.
- Freed also covers dictation.

Supanote and Freed compared in full

2.4
GPA

Heidi Health

Free plan · from $110/mo

AI medical scribe that writes clinical notes from visits.

- Heidi Health has a free plan. Supanote does not, though it has a free trial.
- Only Heidi Health lists macOS, Windows, iOS and Android apps.
- Heidi Health also covers dictation.

Supanote and Heidi Health compared in full

1.8
GPA

Eleos Health

Paid

AI notes and compliance review for community behavioral health.

- Only Eleos Health lists a browser extension.
- Supanote also covers templates.

Supanote and Eleos Health compared in full

Quick answers

The questions people ask about it, each answered in a line or two

12

Questions, each answered in a line or two

The short version of everything above, for when you only need the answer. Each one is told in full in its part of the guide.

Is Supanote free?

No, Supanote is a paid product, but you can try it first. 14-day free trial of the full product, no credit card needed.

How much does Supanote cost?

Supanote lists 4 plans. Starter: $19.99 per month, billed yearly ($29.99 billed monthly).

What platforms does Supanote work on?

Supanote is available on Web.

Does Supanote offer any discounts?

Supanote publicly lists the following: Lower price with yearly billing.

Does Supanote have an Android app?

No Android app was listed when its pages were read on Nov 13, 2026. Supanote is listed for Web.

Does Supanote have an iPhone app?

No iPhone app was listed when its pages were read on Nov 13, 2026. Supanote is listed for Web.

Is Supanote open source?

Supanote is not described as open source on its own site, as read on Nov 13, 2026.

Who makes Supanote?

Supanote is made by a company of the same name.

What are the alternatives to Supanote?

The closest alternatives to Supanote in our directory are Mentalyc, Upheal, Freed, Heidi Health and Eleos Health.

How does Supanote compare with other therapy and clinic software?

Supanote's GPA of 2.2 is higher than 34 of the 60 other therapy and clinic software we grade, and level with 11.

Is Supanote good value for money?

ToolGPA grades Supanote B for value for money. Its paid plans start at $19.99 a month, against a middle price of $35.75 for the category: 6 of the 32 others that charge start lower.

Could I make my own version of Supanote?

The plain part of Supanote you could make: clinical notes and templates.

Where this guide comes from

The prices, plans, platforms and features were read from Supanote's own pages on Nov 13, 2026, and the grades were given on Nov 13, 2026. Graded from this listing, whose facts were read from Supanote's own pages on 13 November 2026. Not based on using the product, and shorter than our full reviews.

Every tool we list gets five grades, A to F, each with its reason, and a GPA that averages them. How each is decided is at toolgpa.com/grades. This guide is ToolGPA's own work; it is not made, paid for or approved by Supanote. Prices change, so check supanote.ai before you buy.

supanote.ai/

supanote.ai/pricing

PART 07 · ABOUT

About ToolGPA

Who made this guide, what else is on the site, and how to cite it

7,721

Tools graded, in 95 categories

ToolGPA grades software the way a school report grades a pupil: five subjects, a letter for each with the reason written beside it, and a GPA that averages them. Prices, plans and platforms are read from each maker's own pages and dated, so you always know how fresh a figure is.

Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Every tool on the site has a guide like this one, free to download and pass on. It all lives at **toolgpa.com**.

7,721	95	739	579
tools graded	categories	price changes on record	apps priced in 12 countries

What else is on toolgpa.com

Supanote, kept up to date

Everything in this guide, with prices and grades as they are today

toolgpa.com/tools/supanote

How grades are given

The rules behind every letter and every GPA

toolgpa.com/grades

Value charts

What each tool costs against what it scores, for every category

toolgpa.com/charts

Compare

Any two tools side by side, plan by plan

toolgpa.com/compare

Price changes

Every price rise and cut on record, each with its source

toolgpa.com/price-changes

Prices by country

What apps cost on the App Store in 12 countries

toolgpa.com/prices-by-country

Pay less

Every public discount: yearly billing, students, nonprofits

toolgpa.com/save

Keep or make

Which tools are worth paying for, and which you could build yourself

toolgpa.com/keep-or-make

Scan for the live page

Prices and grades as they are today

Quoting this guide?

Please name ToolGPA and link to the live page, so readers can check the figures for themselves:

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ToolGPA, "Supanote: The Insider's Guide",
checked Nov 13, 2026.
https://toolgpa.com/tools/supanote
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Know someone choosing between therapy and clinic software?

Send them this guide:
toolgpa.com/tools/supanote/guide

ToolGPA elsewhere: youtube.com/@toolgpa

See our other guides

The best-graded therapy and clinic software after Supanote, each with an Insider's Guide of its own.

Therapy & Clinic Software Insider's Guide

Every one of the 61 therapy and clinic software we grade, compared

Halaxy Insider's Guide

Free practice management software for health practitioners

3.0 GPA

SimplePractice Insider's Guide

Practice management and EHR for private-practice therapists

2.8 GPA

Upheal Insider's Guide

AI therapy notes, with an optional full practice EHR

2.8 GPA

ToolGPA

Choosing software? Every tool graded, every price dated.

Compare tools at toolgpa.com ›

Everything in this guide is ToolGPA's own summary of what Supanote's pages, its app-store listings and public reviews said on the dates shown. Grades are our judgement under the rules at toolgpa.com/grades. Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Supanote is a trademark of its owner, and this guide is not made, paid for or approved by Supanote. Prices and plans change: check supanote.ai before you buy.