

Introducing

# Starling Minds Mental Fitness

Personalized. Proactive. Confidential. Free.

Starling Minds is a digital program to help you better manage stress, anxiety, burnout and depression. Take simple steps to help you lead a healthier, happier life.



## Who is Starling for?

- ✓ Moderate to high-levels of stress, anxiety, depression or burnout
- ✓ Want to better understand what is happening to their mental well-being
- ✓ Want to try different mental health strategies (ie. journaling, thought balancing, mood tracking, etc)
- ✓ Want to build more mindfulness into their daily lives
- ✓ Looking for a community to feel less alone in their mental health journey

## How to get started

- ✓ Go to [nhsa.member.starlingminds.com](https://nhsa.member.starlingminds.com)
- ✓ Enter your access code: **NHSAMEMBER** or **NHSAFAMILY** (16+ years family members)
- ✓ Enter your email address and create a password
- ✓ Enter your profile information
- ✓ Get started!



Get the app today!  
[Download it now!](#)

" This program has already made me think more deeply about my thoughts and feelings and where they are coming from. It's allowed me to kind of work beyond a road block and move forward on my journey."



## What Our Impact Is

**90%**

agree Starling supported their mental fitness

**76%**

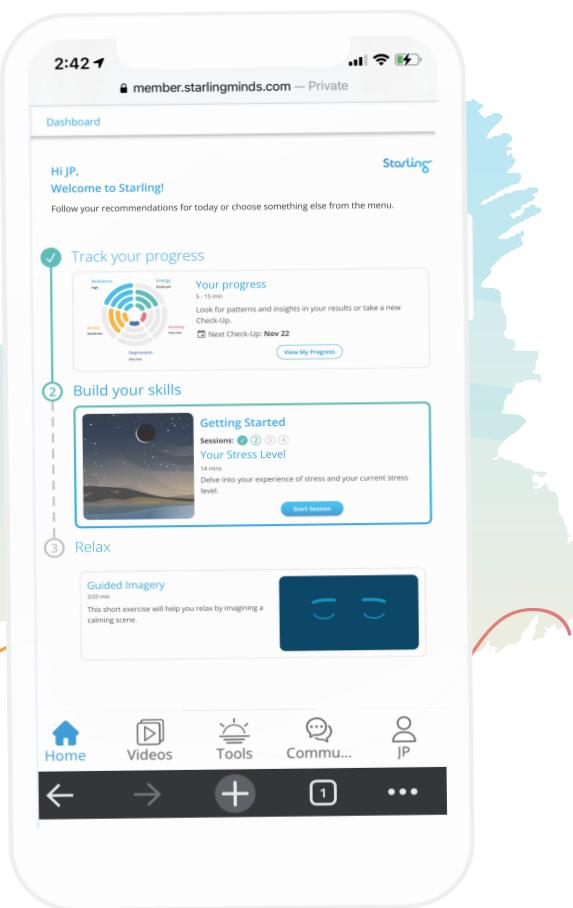
improved their mental fitness

**64%**

improvement in anxiety scores

**68%**

improvement in depression scores



## Our Key Features

### Homepage

Guides you through your daily training session

### Check-Up

Track changes to your energy, resilience, anxiety, and depression levels and uncover insights about yourself

### Training Sessions

Ten-minute sessions to help build the tools, skills, and knowledge you need to improve your mental fitness

### Exercises

Easy, bite-sized versions of our training sessions to fit self-care into your busy life

### Mental Toolbox

Set of tools to help you set goals, track your progress, balance negative thoughts, and regulate moods

### Webinars

Live training sessions to help you build more mindfulness with different strategies and breathwork

### Community

Share your story and find peer support and encouragement anonymously

## The Starling Difference

Calm/Meditation	EAPs	Starling	Face-to-Face
Calm and other meditation apps offer sleep stories, guided meditations, soothing sounds and breathing techniques to help you feel more calm and practice mindfulness.	An employee assistance program helps staff with personal, family, and work issues. Staff gain access by phoning into a helpline and an EAP specialist can redirect you to resources.	Starling Minds is a free, self-guided online CBT program for anxiety, depression, and stress. It includes check-ups, training sessions, webinars, exercises, tools, videos, and a community.	Talk or traditional therapy provides mental health support through face-to-face or in-person interactions with a licensed therapist. Weekly sessions typically take place in an office setting for 45 minutes to an hour.
<b>When to use:</b> <ul style="list-style-type: none"> <li>With face-to-face sessions, EAPs, Starling Minds</li> <li>If you have trouble sleeping or feeling calm</li> </ul>	<b>When to use:</b> <ul style="list-style-type: none"> <li>If you need support but don't know where to go</li> <li>If you are struggling with personal, family, and work issues</li> <li>If you want online self-care articles</li> </ul>	<b>When to use:</b> <ul style="list-style-type: none"> <li>With face-to-face sessions, EAPs, or Calm/Meditation apps, medication</li> <li>If you need support but aren't ready for face-to-face</li> <li>If you are struggling with mild/moderate/high-level stress, anxiety, worry, sadness, depression, burnout</li> <li>If you can't afford face-to-face therapy sessions</li> <li>Can't wait for face-to-face therapy session</li> </ul>	<b>When to use:</b> <ul style="list-style-type: none"> <li>With Starling Minds, Calm/medication apps</li> <li>If you are struggling with moderate to severe levels of stress, anxiety, depression, etc</li> </ul>

## Privacy and Security

Our program is 100% secure. We do not sell any of your personal health information with anyone. You'll select an anonymous codename for posting in the community.

**Got questions:** Reach out to [members@starlingminds.com](mailto:members@starlingminds.com).