

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
- ✓ 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%

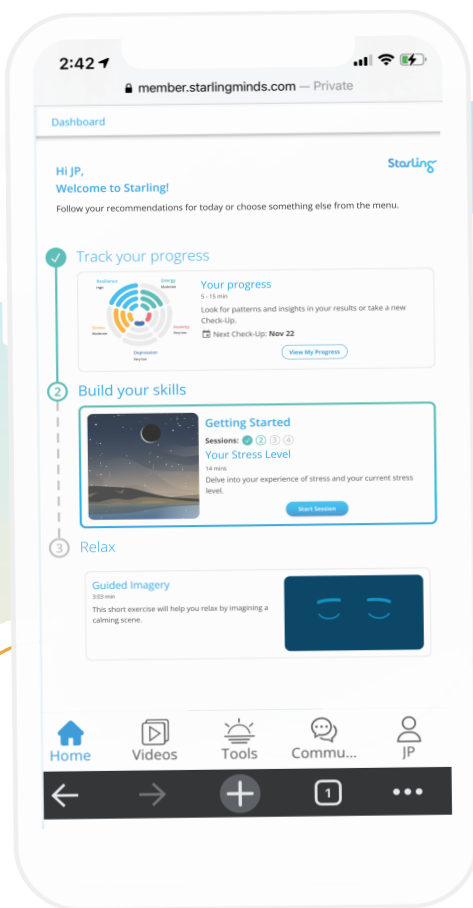
improved their mental fitness

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.
When to use: <ul style="list-style-type: none"> With face-to-face sessions, EAPs, Starling Minds If you have trouble sleeping or feeling calm 	When to use: <ul style="list-style-type: none"> If you need support but don't know where to go If you are struggling with personal, family, and work issues If you want online self-care articles 	When to use: <ul style="list-style-type: none"> With face-to-face sessions, EAPs, or Calm/Meditation apps, medication If you need support but aren't ready for face-to-face If you are struggling with mild/moderate/high-level stress, anxiety, worry, sadness, depression, burnout If you can't afford face-to-face therapy sessions Can't wait for face-to-face therapy session 	When to use: <ul style="list-style-type: none"> With Starling Minds, Calm/meditation apps If you are struggling with moderate to severe levels of stress, anxiety, depression, etc

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:](mailto:members@starlingminds.com) Reach out to members@starlingminds.com.