

Starling Mental Fitness

24/7, Personalized, Digital Mental Health Support Built for Educators.

Starling Mental Fitness is a full spectrum digital mental health program that delivers immediate, unlimited, and personalized digital Cognitive Behavioral Therapy (CBT) support and training for stress, anxiety, burnout, and depression.



Deliver more personalized mental health support that resonates with educators.



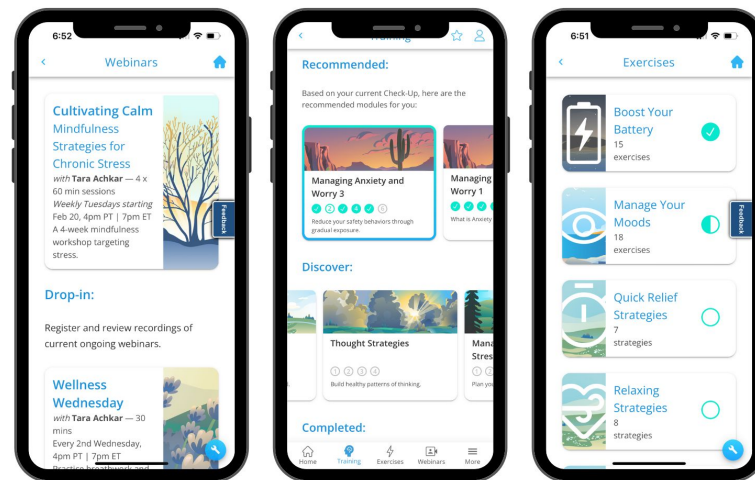
Guided through a well-established process to ensure success, from launch to program management.



Connect educators with their peers anonymously for encouragement and inspiration.



Gain powerful new insights on when educators are most engaged, top stressors, and overall health to drive smarter policy decisions.



Get Starling Minds on your phone!

Available for download.



Why it works

iCBT built for Educators

Delivers personalized and tailored support and content specific to educators

Leadership Training

Empowers leaders to be champions of their mental fitness and build cultures of compassion, resilience, and wellness for healthier teams

Culture Shift

Fosters empathy, care, and safety to normalize support for educators struggling with stress, anxiety, burnout, and depression

Our Success at Head Start

7400+

Program Registrations for Staff and Family Members

2500+

Webinar and Workshop Registrations

72%

Improvement in anxiety scores

73%

Improvement in depression scores

"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."

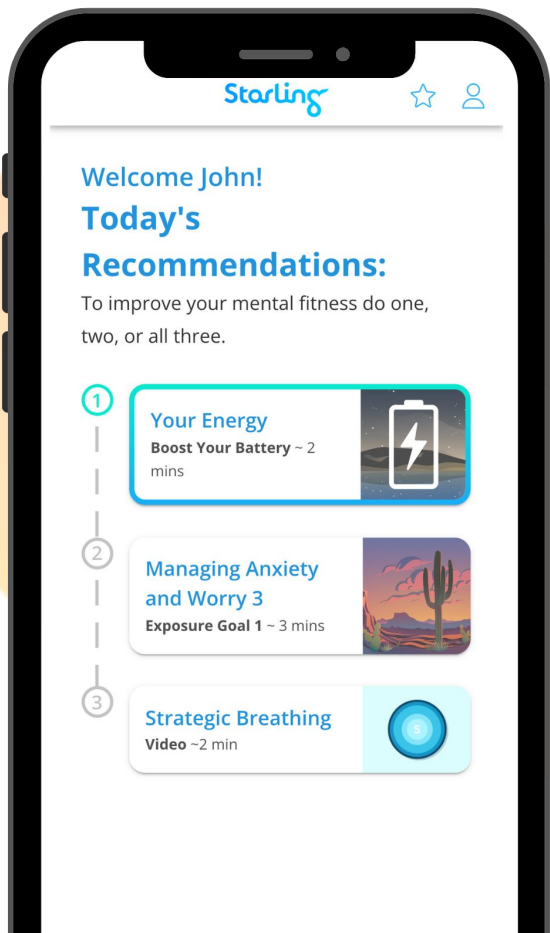
—Starling Member



"The community is amazing. I really appreciate being part of a community where I feel accepted and understood."

—Starling Member





Key Features

- **Homepage:** Guides educators through their daily training session based on their progress
- **Check-Up:** Tracks changes to an educator's energy, resilience, anxiety, and depression levels and uncovers insights about themselves
- **Training Sessions and Exercises:** Ten-minute sessions help build the tools, skills, and knowledge educators need to recover and build mental resilience
- **Tools:** CBT tools help educators set realistic goals, track their progress, balance negative thoughts, and regulate their moods
- **Community:** Provides peer support, encouragement and understanding that educators are not alone on their journey
- **Webinars:** Live training sessions to help build more mindfulness with different strategies and breathwork

Get Mentally Fit.

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Member code: [NHSAMEMBER](#)
Family code: [NHSAFAMILY](#)

