

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.



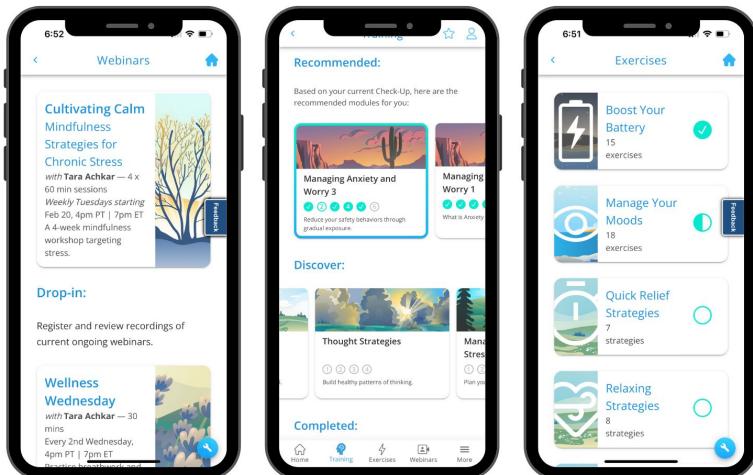
Guided through a well-established process to ensure success, from launch to program management.



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.

 Download on the
App Store

 GET IT ON
Google Play

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

"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



Our Success at Head Start

7400+

Program Registrations
for Staff and Family
Members

2500+

Webinar and
Workshop
Registrations

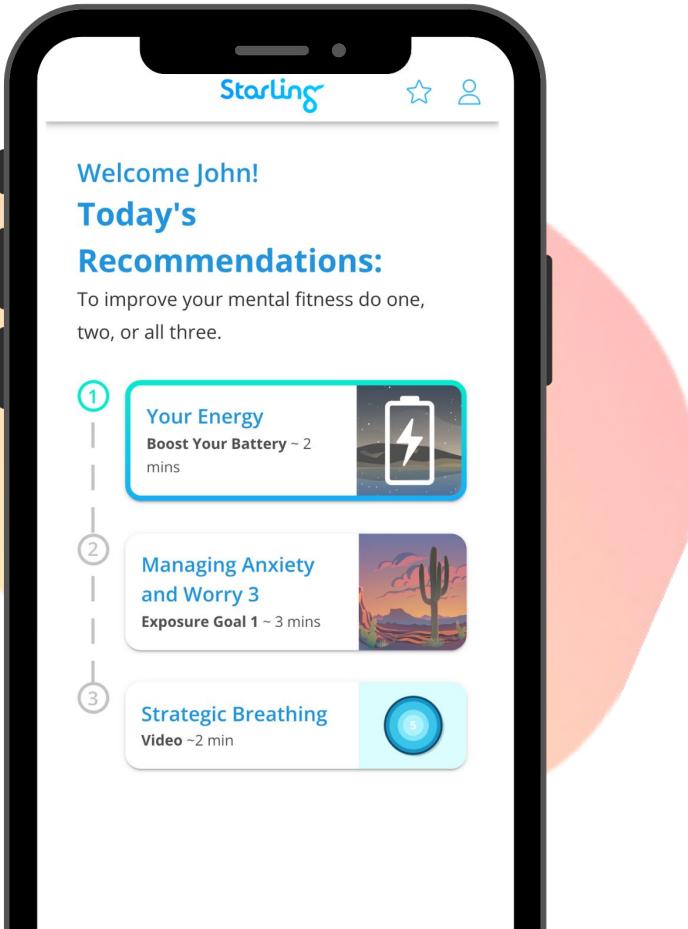
72%

Improvement in
anxiety scores

73%

Improvement in
depression scores





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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Available for download.



Member code: **NHSAMEMBER**
Family code: **NHSAFAMILY**

