***Note:*** *Use this document and update your website to feature this amazing mental health resource. Feel free to make it your own by pulling the necessary information your association needs for your website.*

*Graphics and Images:* [*Here*](https://drive.google.com/drive/folders/1NE0x54adVaNECYvhv9xNOmjZFg0OWpvZ?usp=sharing)

**Starling Minds Mental Fitness**

**Leading Online Mental Health Support for Educators.**

Starling Mental Fitness is a free, 24/7 confidential online mental health program to help lower your stress, anxiety, burnout, or depression and take control of your life and well-being—on a phone, tablet or computer.

| **How it works**   1. **Take a Check-Up:** Uncover insights into how you're doing. 2. **Build your skills:** Your training sessions adapt to you—providing you with the skills and tools to improve your mental fitness. 3. **Connect with Peers:** Share your story and find support from peers in our anonymous community. |  |
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The program adapts support and training to your unique personality and learning style while integrating educator-specific content, stories, tools, and peer community forums into your experience.

**How to Register**

1. Go to [nhsa.org/starling](https://nhsa.org/starling)
2. Click “Sign Up”
3. Enter your program information

Download the app today!



| **Program Features:**     1. **Homepage** to guide you through your daily steps to improve your mental fitness 2. **Check-Up** to provide you with a complete assessment of your stress, anxiety, depression, resilience, and overall general functioning levels. 3. **Self-guided sessions** that deliver personalized key mental health training and support based on your mental health needs. 4. **Exercises** that deliver easy, bite-sized versions of our training sessions when you only have a few minutes. 5. **Live interactive sessions** that deliver expert-guided support, relaxation techniques, mindfulness exercises, and workshops. 6. **Video Library** that is easy for you to learn key CBT concepts through highly educational videos that are easy to follow. 7. **Skills Toolbox** to help you set realistic goals, track your progress, balance negative thoughts, and regulate your moods. 8. **Peer-supported community** that empowers you to share your experiences, connect with your peers, and find empathy and support throughout your mental health journey. |  |
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**What Starling Members are saying…**

*“Starling has been such an amazing tool for me. I have learned some behavioral strategies, tools and greater self-awareness. I really appreciate being part of a community where I feel accepted and understood.”* ***– Starling Member***

*“These sessions in Starling have helped me realize that I am not alone in my experiences. It has also allowed me to put my feelings into words and give logical reasons for why I have been feeling the way that I have.”* ***– Starling Member***

*“My scores on the mental health continuum improved because I started this program last spring; I've had a year to work on my mental health, anxiety, and stress. I’m also more aware of my battery levels and how to charge it, which has helped greatly!”* ***– Starling Member***