

# Reduce Stress

## with QPAT-APEQ and Starling Minds



The Starling Program is an online mental health and wellness tool that helps you assess, monitor and improve your mental well-being.

As a member of QPAT-APEQ, it's available to you to use anywhere and anytime you want, for free. You can login or register here: <http://qpat-apeq.qc.ca/starling-minds/>

Starling is and will always be 100% confidential.