

# Your Mental Health Matters

Starling Minds is here to help you strengthen your resilience to stress, anxiety and depression in a confidential online learning program.

## Starling Minds is Here for You.



### 21+ guided online learning sessions

that you can complete from the comfort of your home



### Videos that make it easy to learn

evidence-based strategies for building mental resilience



### Mental Health assessments

and metrics so you can see your progress



### Confidential interaction

with a community of people who are also working on their mental health



### A toolbox of scientifically-proven practices

to recenter and refocus when stress is mounting



My mental health had been flagging for years, but I didn't realize that I wasn't coping well until recently. Unhealthy levels of anxiety slowly depleted my battery until there was nothing left. I've built skills in Starling to better manage my anxiety and replenish my battery!"

Starling Member

## How to Get Started?

- 1 Visit [app.starlingminds.com/registration](https://app.starlingminds.com/registration)
- 2 Select 'Your Organization'
- 3 Complete the Form!

Please email [members@starlingminds.com](mailto:members@starlingminds.com) if you any questions or need help registering.