



Build Resilient Minds.



Hi there,

The National Head Start Association (NHS A) is delighted to announce its partnership with Starling Minds, a digital mental health program to help you build resilience to stress, anxiety, burnout, and depression—anytime and **anywhere**.

What your peers are saying...



“It’s a great resource to help me manage my daily life.”



“I love how easy the program is. The videos are great and the community makes me feel less alone.”



“I love being able to access the program on my phone when I have a few minutes.”

REGISTER

How it Works

Take simple steps every day towards a healthier, happier life.

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.

Is it private and secure?

The program is 100% secure. We do not sell any of your personal health information to anyone. You’ll select an anonymous codename for posting in the community.

How to get started

Visit nhsa.org/access-starling-minds.

REGISTER

If you have any questions, reach out to members@starlingminds.com.

Thank you,
Team NHS A