

Intranet Copy

Banners and copy for your intranet or wellness site. Use the copy below to introduce Starling Minds on your intranet or wellness site.

Next Steps:

- Tweak the below blurb to your own voice
- Select an image to accompany copy
- Share on your intranet and internal communications channels

To: NHSA Staff and Members

From: Leaders and Directors via their Intranet

New, 24/7 Digital Mental Health Program for your Mental Fitness

The National Head Start Association (NHSA) is offering access to Starling Minds, a self-guided digital program that is available 24/7, immediate, private and tailored just for you. As simple as three steps a day, you can proactively build daily habits that help you better manage stress, anxiety, burnout, or depression and take control of your life and well-being.

To get started with Starling Minds:

1. Go to nhsa.org/access-starling-minds
2. Find your organization
3. Enter your profile information
4. Get started!

Do you have more questions? Reach out to Member Support by emailing members@starlingminds.com.