

Leadership Announcement

Share the great news that Starling Minds is available to members on the Intranet, LinkedIn, Twitter, Slack, Teams, and more.

Next Steps:

- Tweak the below blurb to your own voice
- Share it with your professional social media channels or on your internal chat and communication channels

From: Leaders and Directors via their internal channels and Intranet

We believe that everyone deserves mental healthcare that is easy, supportive, and helpful. This is why we are pleased to announce that Starling Minds, a self-guided digital mental health program, is now available to you.

The program is based on cognitive behavioral therapy and 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.

Ready to get started?

Visit nhsa.org/access-starling-minds/

Got questions? Email members@starlingminds.com.