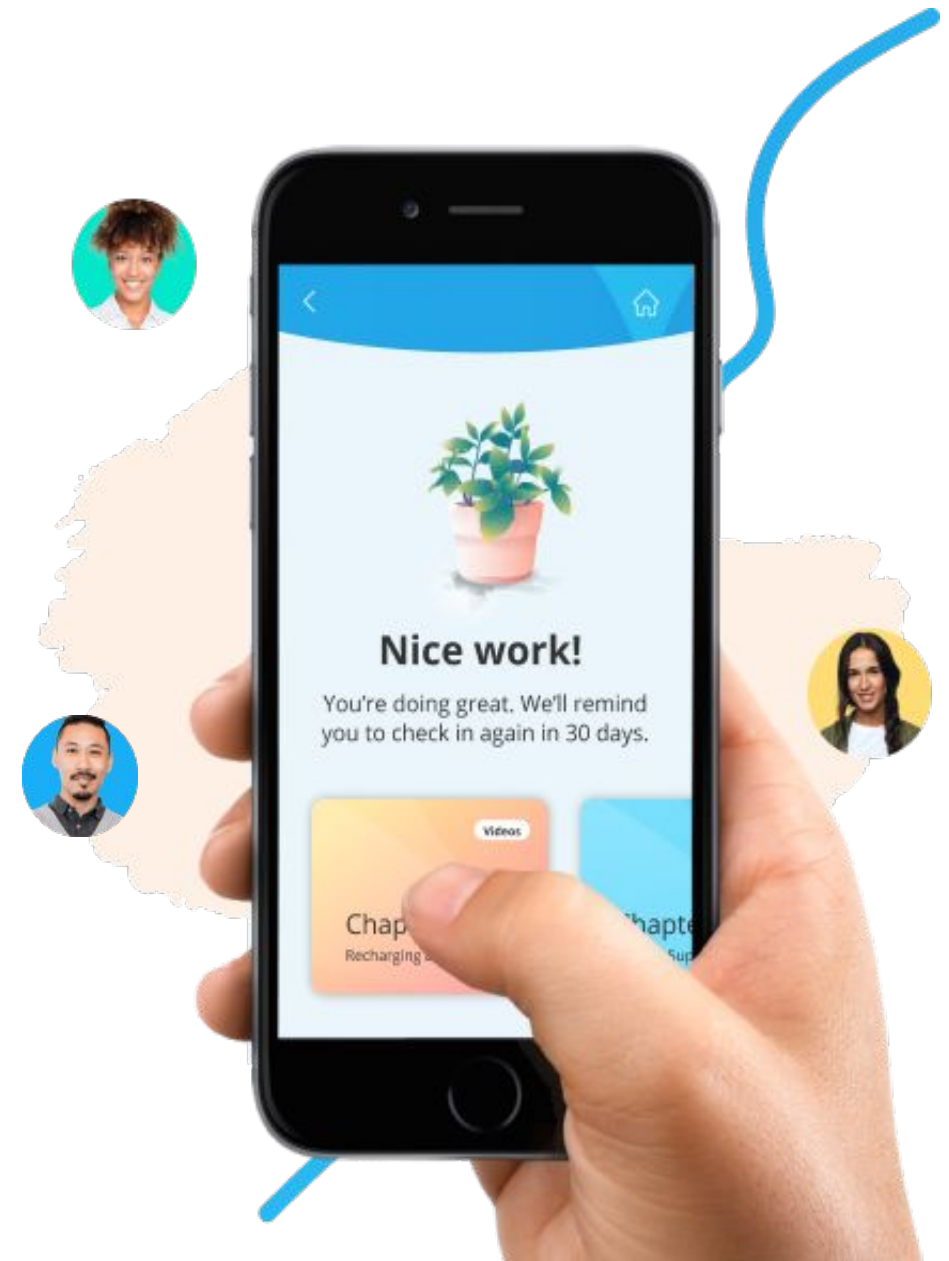


Internal Note: This 2-min presentation is to introduce Starling Minds Mental Fitness among other Head Start benefits.

Introducing Starling Mental Fitness

Starling Minds is a digital program to help you better manage stress, anxiety, burnout and depression. Take simple steps to help you lead a healthier, happier life.

Note: Currently no app is available.



Key Features

Homepage

Guides you through your daily training session

Check-Up

Track changes to your energy, resilience, anxiety, and depression levels and uncover insights about yourself

Training Sessions

Ten-minute sessions to help build the tools, skills, and knowledge you need to improve your mental fitness

Exercises

Easy, bite-sized versions of our training sessions to fit self-care into your busy life

Mental Toolbox

Set of tools to help you set goals, track your progress, balance negative thoughts, and regulate moods

Webinars


Live training sessions to help you build more mindfulness with different strategies and breathwork

Community


Share your story and find peer support and encouragement anonymously

Starling's Therapy Results


Mental Fitness

 **67%**
Depression scores improvement



 **64%**
Anxiety scores improvement



 **1/10**
Cost of Starling compared to face-to-face

Welcome to Starling Minds

Your Name
Job Title
Email address

We are here to help!

Register here: nhsa.member.starlingminds.com

Member Access code: **NHSAMEMBER**
Family code: **NHSAFAMILY**