

**Internal Note:** This 30 min presentation is used as an overview for staff and members

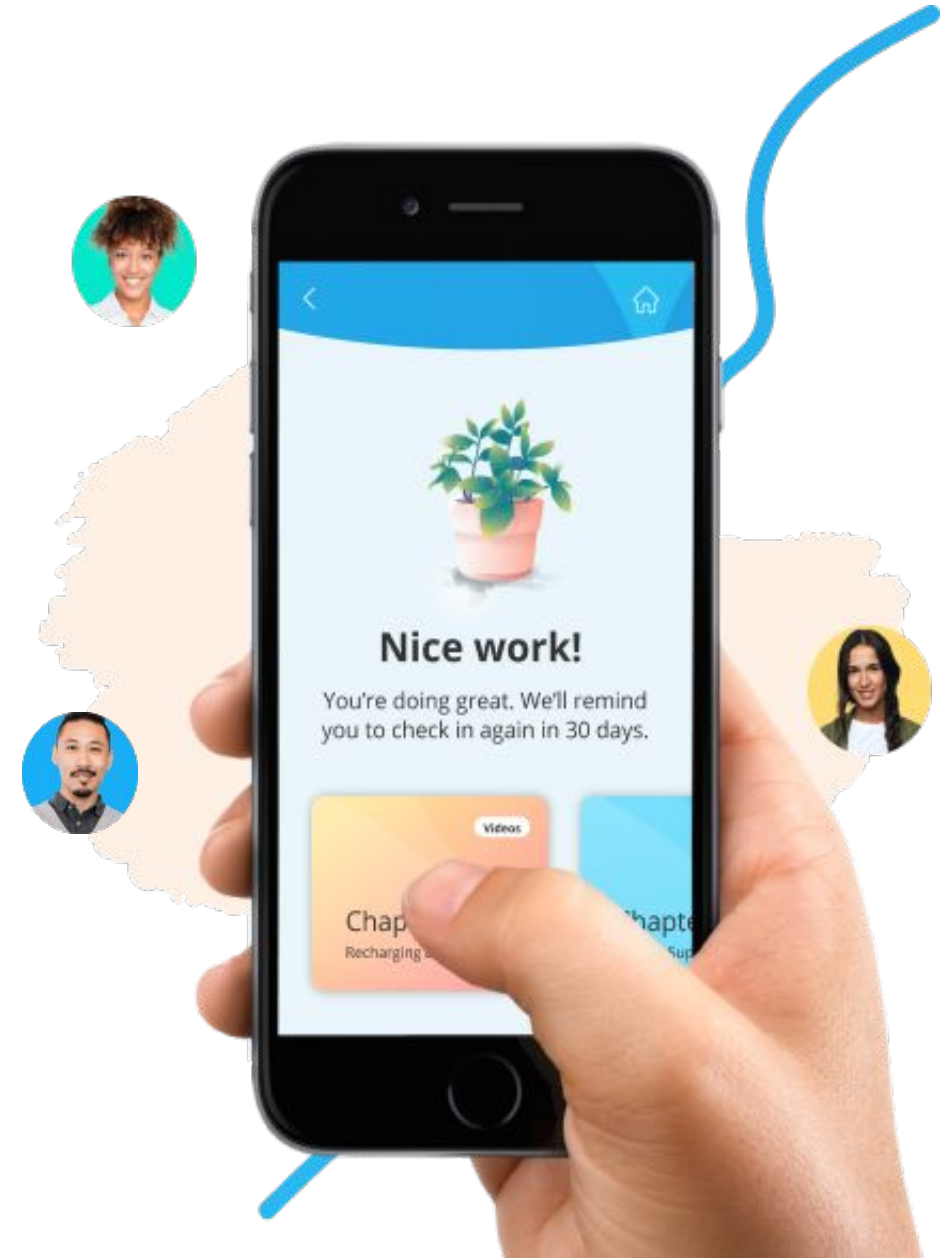
# Starling Minds

**24/7, Online Confidential  
Mental Health Support and  
Training**

Presented for:



NATIONAL HEAD START ASSOCIATION



# Welcome to Starling Minds

Your Name  
Job Title  
Email address

## We are here to help!

Register here: [nhsa.member.starlingminds.com](https://nhsa.member.starlingminds.com)

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

Note:  
Currently no app is available.

# Today's Mental Health Pandemic



**1 in 5 people\***

Are struggling with a mental health issue  
at any given time

> **70 million** people in US & Canada

**During COVID-19:**

**4x**

Anxiety  
Levels

**2.5x**

Depression  
Levels

**2x**

Stress  
Levels

**60% do not receive treatment** due to:



**Stigma**



**Cost**



**Access**



*\*might be much higher in the COVID world*

# Starling's Therapy Results

**Mental  
Fitness  
("Stay at Work")**



**67%**

Depression scores  
improvement



**64%**

Anxiety scores  
improvement



**1/10**

Cost of Starling  
compared to face-to-face



4/8  
Resilience



Hi Emma,  
Your latest Check-Up stats

TAKE A NEW CHECK-UP



40%  
Energy

## How does Starling work?

Starling Minds delivers **immediate**, **unlimited** and **personalized** digital Cognitive Behavioural Therapy (iCBT) training to members so they can have the tools they need to support their mental health, wherever and whenever.

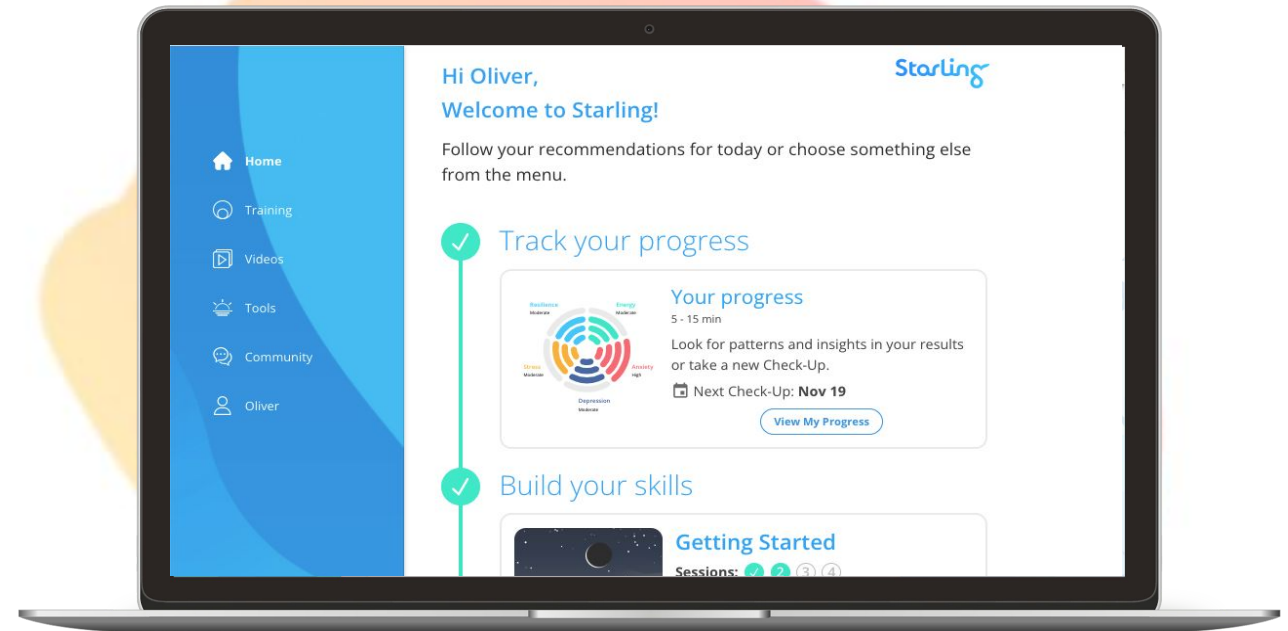
# Summary: Types of Support

Calm/Meditation	EAPs	Starling	Face-to-Face
Calm and other meditation apps offer sleep stories, guided meditations, soothing sounds and breathing techniques to help you feel more calm and practice mindfulness.	An employee assistance program helps staff with personal, family, and work issues. Staff gain access by phoning into a helpline and an EAP specialist can redirect you to resources.	Starling Minds is a free, self-guided online CBT program for anxiety, depression, and stress. It includes check-ups, training sessions, webinars, exercises, tools, videos, and a community.	Talk or traditional therapy provides mental health support through face-to-face or in-person interactions with a licensed therapist. Weekly sessions typically take place in an office setting for 45 minutes to an hour.
<b>When to use:</b> <ul style="list-style-type: none"> <li>With face-to-face sessions, EAPs, Starling Minds</li> <li>If you have trouble sleeping or feeling calm</li> </ul>	<b>When to use:</b> <ul style="list-style-type: none"> <li>If you need support but don't know where to go</li> <li>If you are struggling with personal, family, and work issues</li> <li>If you want online self-care articles</li> </ul>	<b>When to use:</b> <ul style="list-style-type: none"> <li>With face-to-face sessions, EAPs, or Calm/Meditation apps, medication</li> <li>If you need support but aren't ready for face-to-face</li> <li>If you are struggling with mild/moderate/high-level stress, anxiety, worry, sadness, depression, burnout</li> <li>If you can't afford face-to-face therapy sessions</li> <li>Can't wait for face-to-face therapy session</li> </ul>	<b>When to use:</b> <ul style="list-style-type: none"> <li>With Starling Minds, Calm/medication apps</li> <li>If you are struggling with moderate to severe levels of stress, anxiety, depression, etc</li> </ul>



Introducing

# Starling Mental Fitness

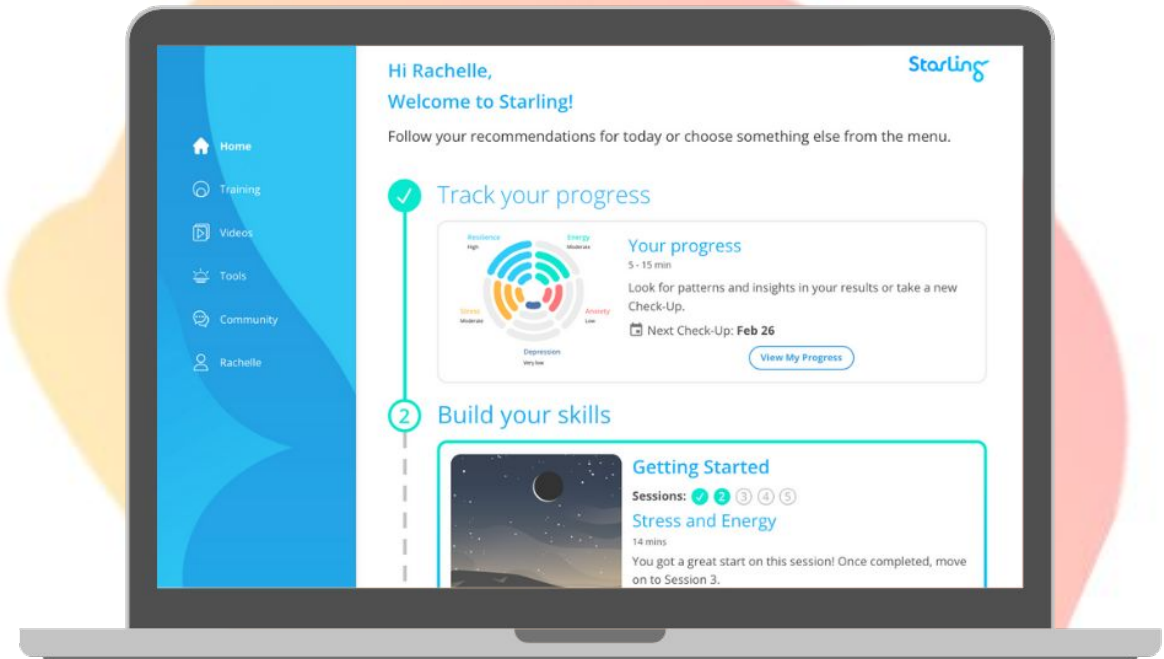




## Feature

# Homepage

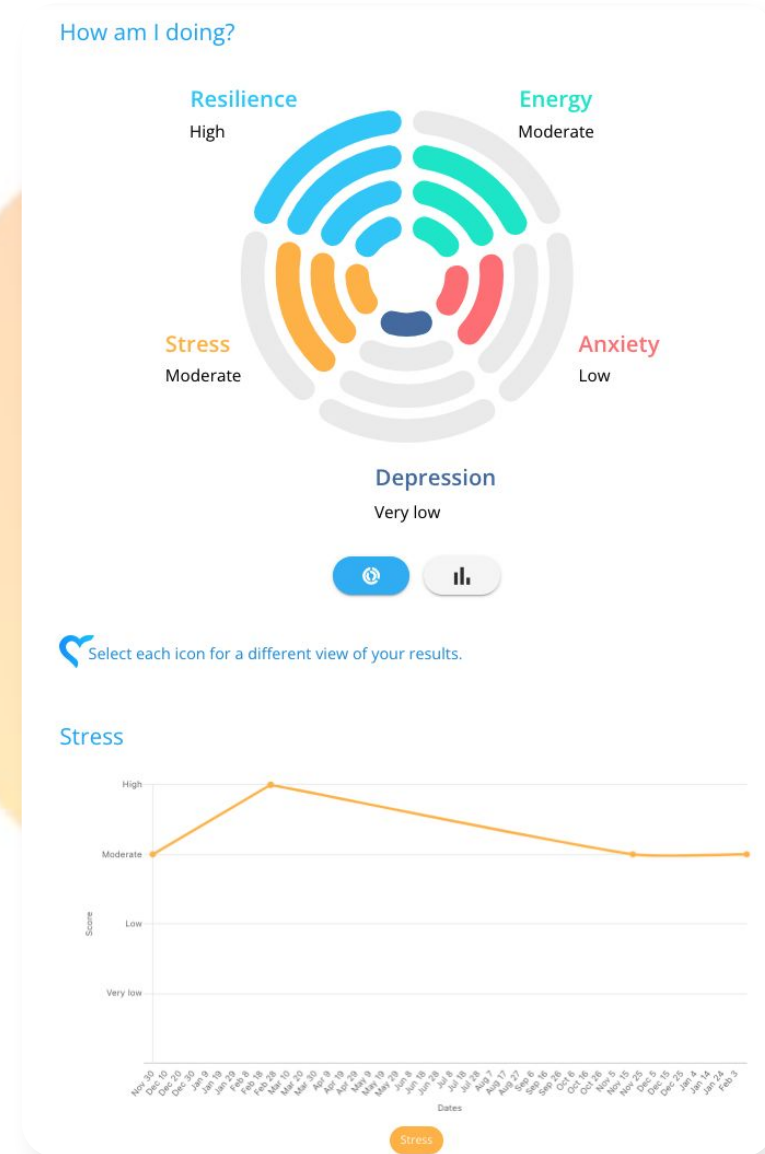
- Your Check-Up Results
- Training Sessions
- Further training recommendations



## Feature

# Check-Up Results

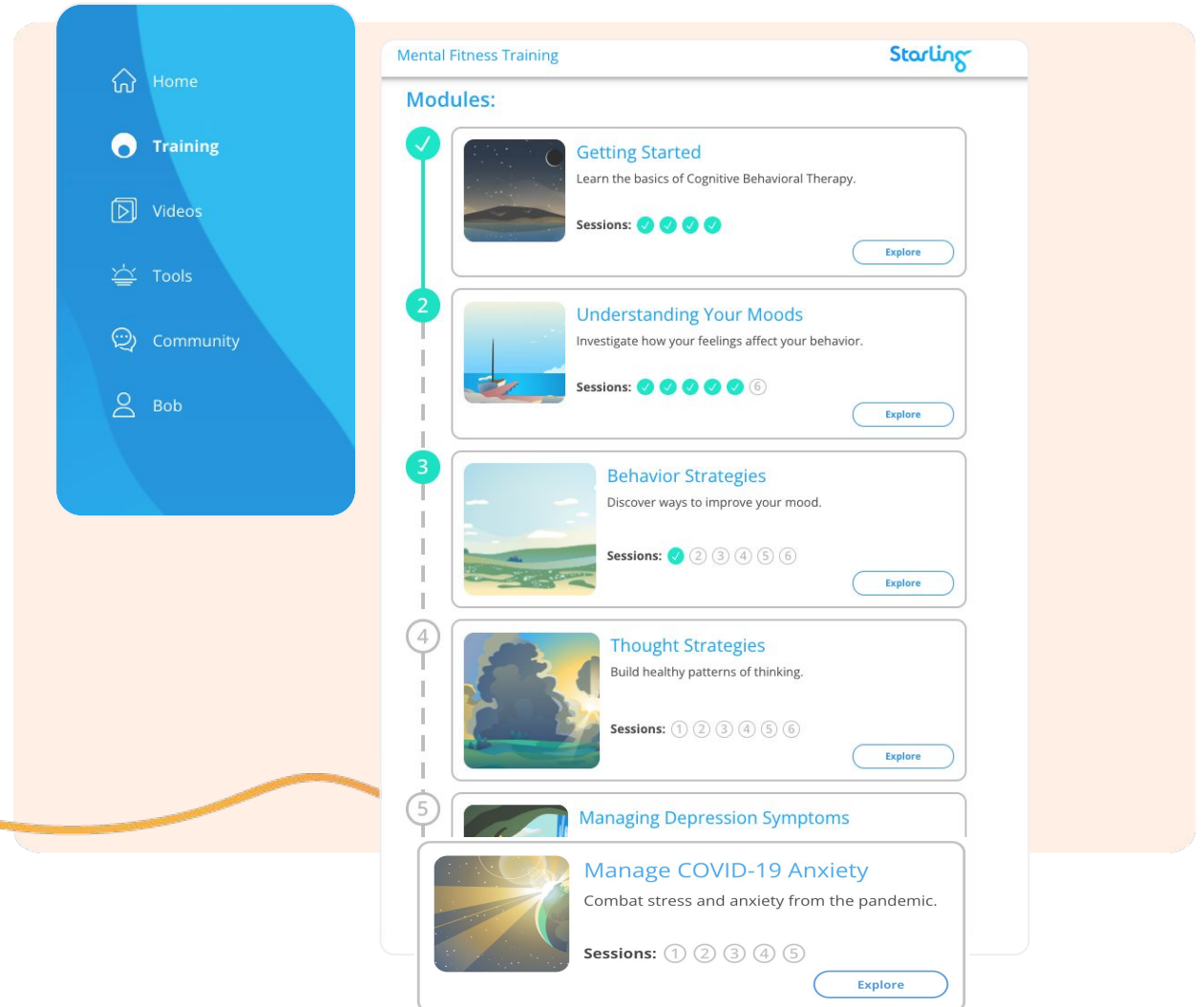
- Where are you on the Mental Health Continuum?
- View your assessment history



## Feature

# Training Modules

- Bite-sized experiences based on assessment results and a member's life and experiences
- Helps members build self-awareness and resilience by delivering training sessions in



## Feature

# Webinars

- Live training sessions hosted by subject matter experts
- Guides members through various mental fitness topics and breathwork strategies.

## Upcoming:

Register now for this upcoming challenge.

### Mental Fitness Challenge: Burnout and Depression

with **Dr. Andrew Miki** — 6 x 45 min sessions

Weekly starting Oct 18, 4pm PT | 7pm ET

Build yourself back up with strength and resilience this fall.



## Drop-in:

Register and review recordings of current ongoing webinars.

### Mental Fitness Monday

with **Dr. Andrew Miki** — 30 mins

Every 2nd Monday, 4pm PT | 7pm ET

Dr. Miki and Tara share and discuss comments from members.



### Wellness Wednesday

with **Tara Achkar** — 30 mins

Every 2nd Wednesday, 4pm PT | 7pm ET

Practice breathwork and meditation to feel more energized and relaxed.



## Feature


# Exercises

- To allow members to practice easier, mini-versions of the training modules with short, 2-5 minute exercises

## Exercises


Support your mental fitness with these quick 2-5 minute skills-building exercises.


For the best experience follow the recommendations on your homepage. If you want to choose your own path, pick an exercise series below.



**Boost Your Battery**


15 exercises





**Manage Your Moods**

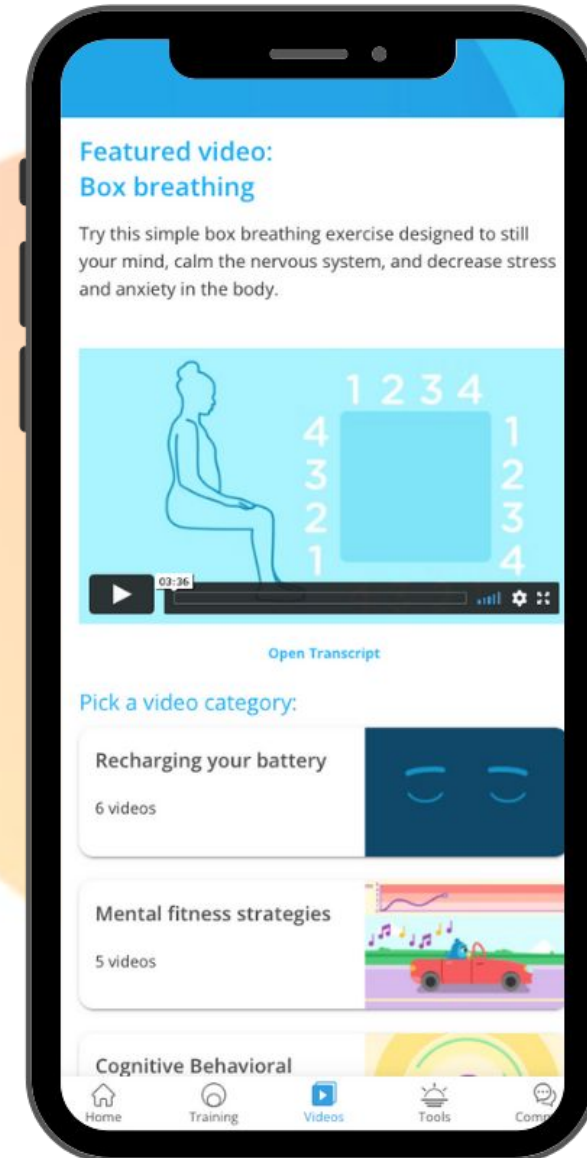
18 exercises



## Feature

# Video Library

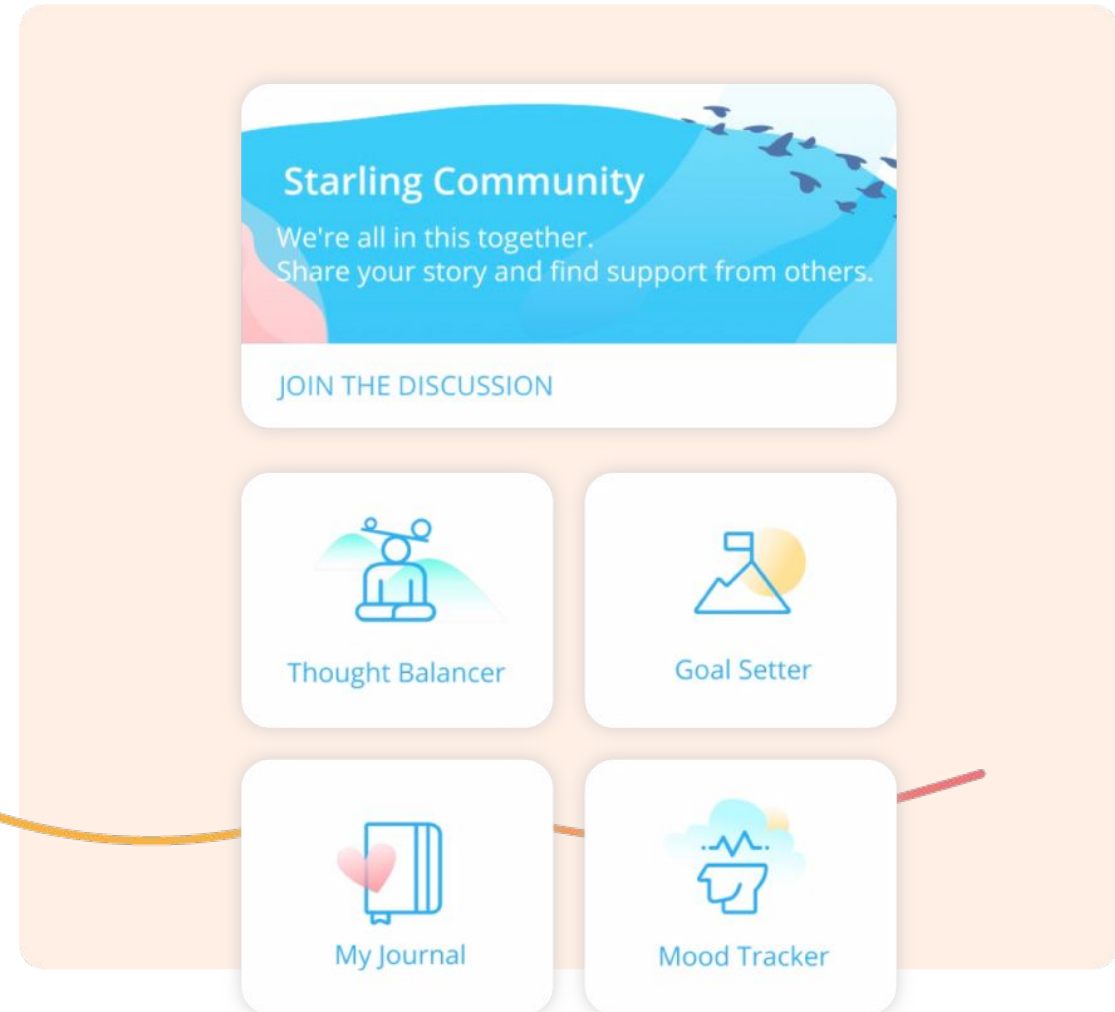
- Pick & choose video categories
- Practice your favourite skills
- Rewatch videos



## Feature

# Skills Toolbox

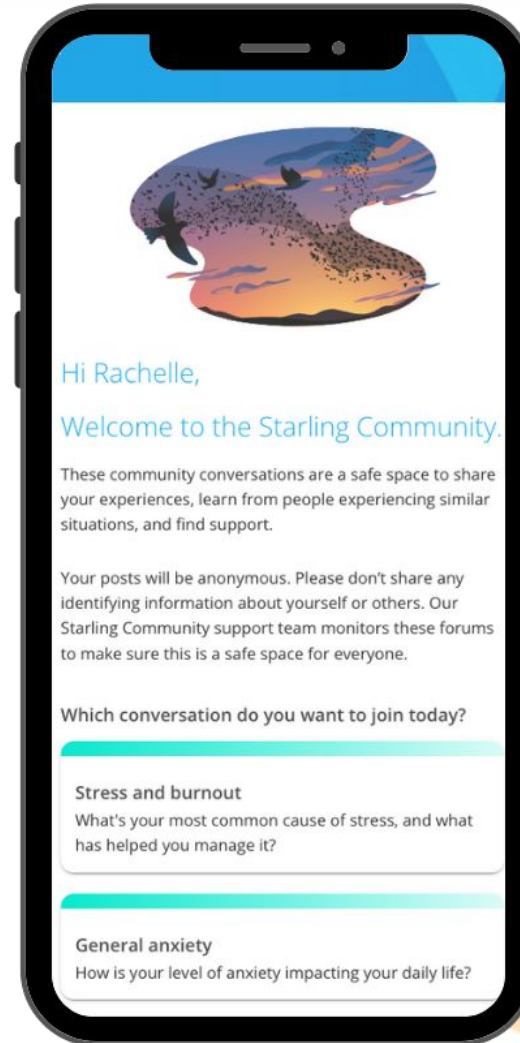
- To help members set realistic goals, track progress, balance negative thoughts, and regulate moods




## Feature

# Starling Community

- Interact with other Starling Members
- Supportive space to share experiences with fellow peers
- Validation through peer support, acknowledgement, and encouragement



 **Hi Andy!** Welcome to the Starling Community - a safe space to share your experiences and find support.

SeafoamQuail51



5 minutes ago

I'm constantly worried that I'm going to get infected and pass it along to my family & friends. It's been difficult to make sacrifices to see fewer people to limit risk.

0 helpful

1 reply

PeachHummingbird32




20 seconds ago



# Privacy

- Member interactions and answers won't be shared with anyone
- Comments will appear under a random codename assigned to their account upon registration

 **Hi Andy!** Welcome to the Starling Community - a safe space to share your experiences and find support.

SeafoamQuail51 

5 minutes ago

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# Crisis Monitoring

- To help ensure workers are safe, anyone at risk of self-harm or harm to others are flagged by our proprietary NLP algorithms and actively monitored by the Starling Community and Therapy teams

RustyLoon317

I'm finding it hard to fall asleep at night because I can't get into a comfortable position. I've been having neck back and shoulder problems (combination of being on the computer much more and also increased stress = tension in those areas) so I'm trying to sleep on my back to avoid putting strain on my spine. But for some reason it's not comfortable and I can't relax enough to fall asleep 😞

☆ 0 Helpful    ↩ 1 Reply



Starling Moderator

*Hello RustyLoon317! Thank you for taking the time to start our program. It sounds like you've been going hard for a long time but you're running out of energy. We are reaching out because your mental health is important to us. We have sent you an email with a few suggestions and additional resources for your consideration!*

☆ Helpful



# Get Mentally Fit.

Get Starling Minds on your phone!

Available for download.



Member code: [NHSAMEMBER](#)  
Family code: [NHSAFAMILY](#)

