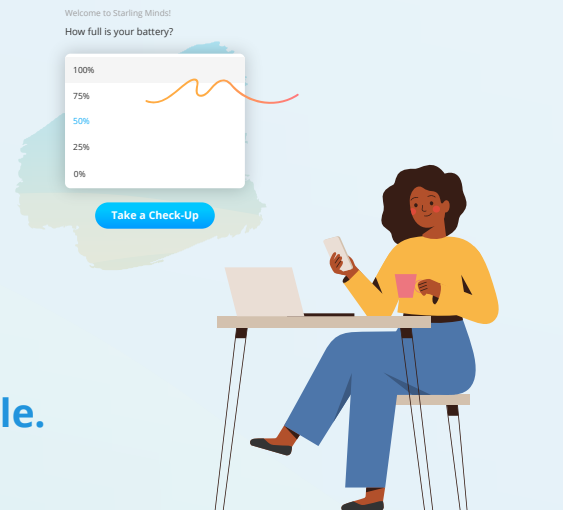


Introducing Starling Minds Mental Fitness

Personalized. Proactive. Confidential. Affordable.

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.



How to get started

- ✓ Go to member.starlingminds.com
- ✓ Enter your access code: **NHSAMEMBER**
- ✓ Enter your email address and create a password
- ✓ Enter your profile information
- ✓ Get started!

How your family can get started

- ✓ Family members 16 years or older can register
- ✓ Go to member.starlingminds.com
- ✓ Enter the access code: **NHSAFAMILY**



Get the Starling app!
Download today!

"This program has already made me think more deeply about my thoughts and feelings and where they are coming from. It's allowed me to kind of work beyond a road block and move forward on my journey."



What Our Impact Is

90%

agree Starling supported their mental fitness

76%

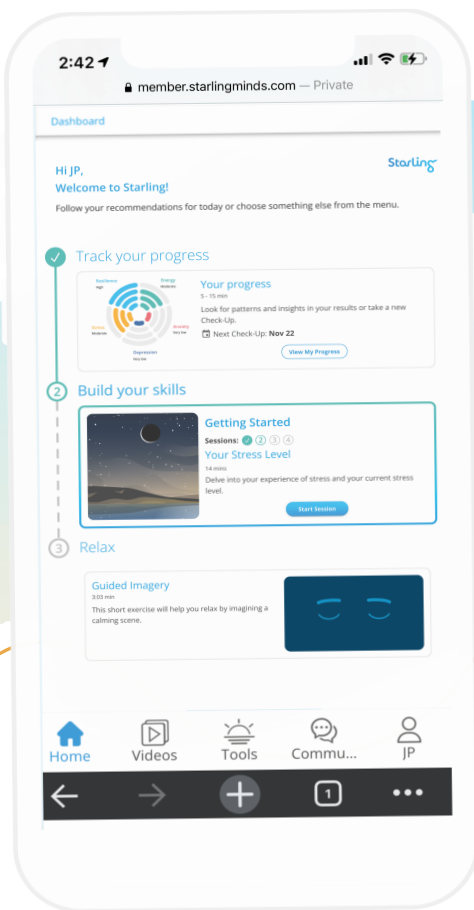
improved their mental fitness

58%

improvement in anxiety scores

61%

improvement in depression scores



Our 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

Privacy and Security

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