Starling

Build
Resilient
Minds.

Starling Minds Return-To-Health

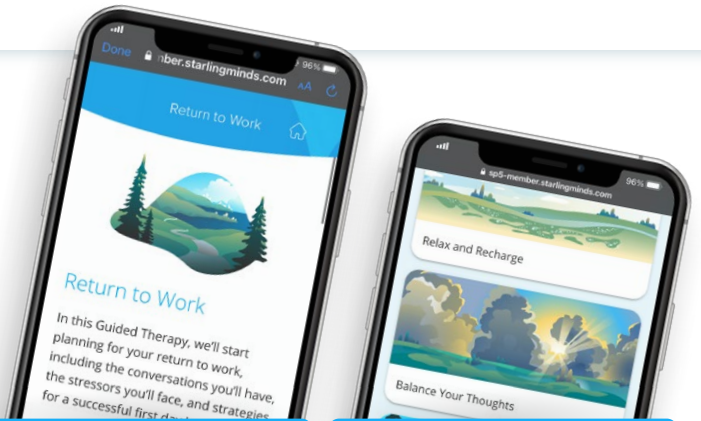## A digital therapy platform to treat depression and anxiety

In the fall of 2020, a worker was struggling both at work and at home.

As a worker and family man, he has always been dependable and self-disciplined, and willing to go the extra mile for his team and family. But after years of high-stress and putting himself last, he was emotionally, physically, and mentally drained. He was feeling out-of-control and wanted help. As he was still working, his case manager wanted to provide mental health support proven to work without triggering a claim, so referred him to Starling Minds, a digital mental health platform for stress, anxiety, and depression.

Background	Symptoms	Why Starling
› 50 year old male	› Clinically depressed and anxious	⧗ Zero wait times or out-of-pocket costs
› Mental health-related absence	› Declining work functioning	⏱ Accessible immediately
› Financial and family problems	› Low in energy	▦ Psychoeducation and skills-building approach
› Lacks self-awareness around triggers	› Emotional outbursts	⧑ Online community for social support
› Lacks skills to better manage mental health	› Physical pain due to injuries	
› **Goal:** Get his life back on track	› Overwhelmed at work	
	› Felt out of control	

Starling
Build Resilient Minds.

Program Engagement and Learnings

Assessments	Psychoeducation	Skills Toolkit	Peer Community
2 Assessments	**162** Videos **15** hours of video content	**30+** moods tracked **10** goals set	**20+** polls answered **15+** community comments
> Identified his primary mental health conditions > Learned about the history of his conditions > Received recommendations to identify and break potentially harmful patterns	> Increase in self-awareness by identifying triggers to behaviours and thoughts > Understanding how to manage anxiety and depression triggered by negative thoughts	> Learned goal setting, emotional regulation, and time management	> Received support, encouragement, and confidence by sharing his journey and communicating with his peers

Results

Anxiety	**Depression**	**Work Functioning**	**Confidence**
Healthy-Range **(80%-100%)**	Healthy-Range **(80%-100%)**	Healthy-Range **(80%-100%)**	Program Average ↑ **61.3%** *(Return to work)*

> I understand what's causing me to feel anxious and depressed and am working to manage them better. I've now learned to be more aware and give myself credit for the short term goals I've achieved and to not harp on ones I don't."

- Starling Member

Learn if your claimants are a good fit for Starling Minds.

Learn more by emailing: **debra.stevens@starlingminds.com**