

# Starling is here for you.



We all deserve easy, helpful support for managing stress, anxiety, burnout and depression. This is why we created our self-guided digital program that is available 24/7, immediate, private and tailored just for you. As simple steps, you can proactively build daily habits that help you better manage your mental fitness and take control of your life and well-being.

## How it Works

1

### Take a Check-Up

Uncover insights into how you're doing.

How full is your battery?

☐ 100%

☐ 75%

☒ 50%

☐ 25%

☐ 0%

2

### Build your skills

Your training sessions adapt to you. Providing you with the skills and tools to improve your mental fitness.

Videos

What do you think?

Add your thoughts here...

3

### Connect with Peers

Share your story and find support from peers in our anonymous community.

RubyMerganzer7026

Welcome to the community!



LimeCardinal817 (me)

Thanks! I'm dealing with a lot of stress right now.

RubyMerganzer7026

Me too, I found session two really helpful.

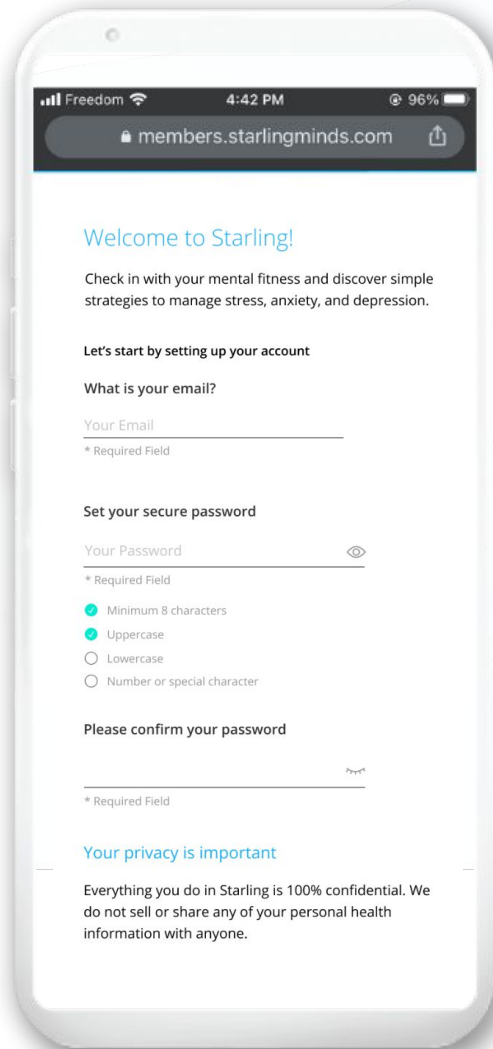
## Ready to get started?

Visit [member.starlingminds.com](https://member.starlingminds.com)

Access code: QPATMEMBER

# Getting started with Starling Minds:

A sign-up guide for you.



Freedom 4:42 PM 96%

members.starlingminds.com

Welcome to Starling!

Check in with your mental fitness and discover simple strategies to manage stress, anxiety, and depression.

Let's start by setting up your account

What is your email?

Your Email

\* Required Field

Set your secure password

Your Password

\* Required Field

- ☒ Minimum 8 characters
- ☒ Uppercase
- ☐ Lowercase
- ☐ Number or special character

Please confirm your password

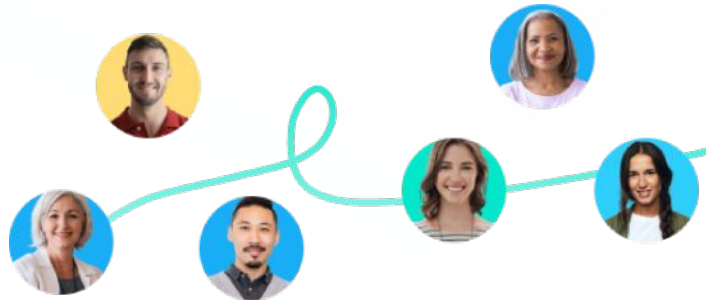
\* Required Field

Your privacy is important

Everything you do in Starling is 100% confidential. We do not sell or share any of your personal health information with anyone.

## To get started with Starling Minds:

1. Go to [member.starlingminds.com](https://member.starlingminds.com)
2. Enter your access code: **QPATMEMBER**
3. Enter your email address and create a password
4. Read and agree to the [Terms of Use](#) and the [Privacy Policy](#)
5. Enter your profile information
6. Get started!



# Frequently Asked Questions

## **What is Starling Minds?**

Starling Minds is a confidential, self-guided digital program that helps you identify the thoughts and feelings of stress, anxiety, or depression. It helps you build the knowledge, skills and tools you need to better manage your mental health through our checkups, exercises, educational videos, guided training sessions, and peer community.

## **Who uses Starling Minds?**

Starling Minds is for individuals who want to improve their mental fitness.

## **How will it help me?**

Starling makes it easy to learn and integrate practical strategies into your daily life so you can get your mental health back on track. In just a few minutes, our program will guide you through the sessions so you know exactly what you need to do to get better. As you work through the sessions, the program will adapt to your needs and tailor recommendations and insights just for you.

## **Is my information in the program private and secure?**

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

## **Can I use this program while taking medication or seeing a psychologist?**

Yes, Starling is an educational program that is based on Cognitive Behavior Therapy. It's a helpful tool to use alongside medication and/or in-person therapy.

## **Can I access Starling on my phone or tablet?**

Yes, our programs are accessible to anyone with a smartphone, tablet, or computer. This makes our programs readily available whenever and wherever you are.

## **What's my access code?**

Your access code is **QPATMEMBER** and you can register at [member.starlingminds.com](https://member.starlingminds.com).

Your family can access Starling Minds with **QPATFAMILY**.

**Got questions?** Email [members@starlingminds.com](mailto:members@starlingminds.com).

