

## 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 can use Starling Minds?

Starling Minds is for individuals and any family members 16 years or older 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, tablet or computer?

Yes, our programs are accessible to anyone with a smartphone, tablet, or computer. To download the app, search "Starling Minds" in the Apple Store or Google Play Store.

## What's my access code?

For Staff, your access code is: CIESCMEMBER.

Family members 16 years or older have access and can register with the access code: CIESCFAMILY.

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