



Starling

Introducing

Starling Minds Mental Fitness

Personalized. Proactive. Confidential. Free.

Starling Minds is a digital program to help you better manage stress, anxiety, burnout, depression, and substance use. Take simple steps to help you lead a healthier, happier life.



How to get started

- ✓ Go to **otipraeo.starlingminds.com**
- ✓ Enter your email address and create a password
- ✓ Enter your profile information
- ✓ Select a codename
- ✓ Get started!

How family can get started

- ✓ Family members 16+ years can register
- ✓ Go to **otipraeo.starlingminds.com**
- ✓ Select "Family Member" as their occupation and fill in the rest of the profile information

Privacy and Security

Our program is highly secure. To further safeguard your personal information, an anonymous codename will be selected by you for program use. Only those persons that directly provide services or member support have access to any of your personal information, and may only access that information in order to support you.



Ready to register?

Scan or go to
otipraeo.starlingminds.com



Our Key Features

Homepage

Guides you through your daily training session

Check-Up

Take an assessment for stress, energy, resilience, anxiety, depression, substance use, ADHD and more. Track changes to your 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

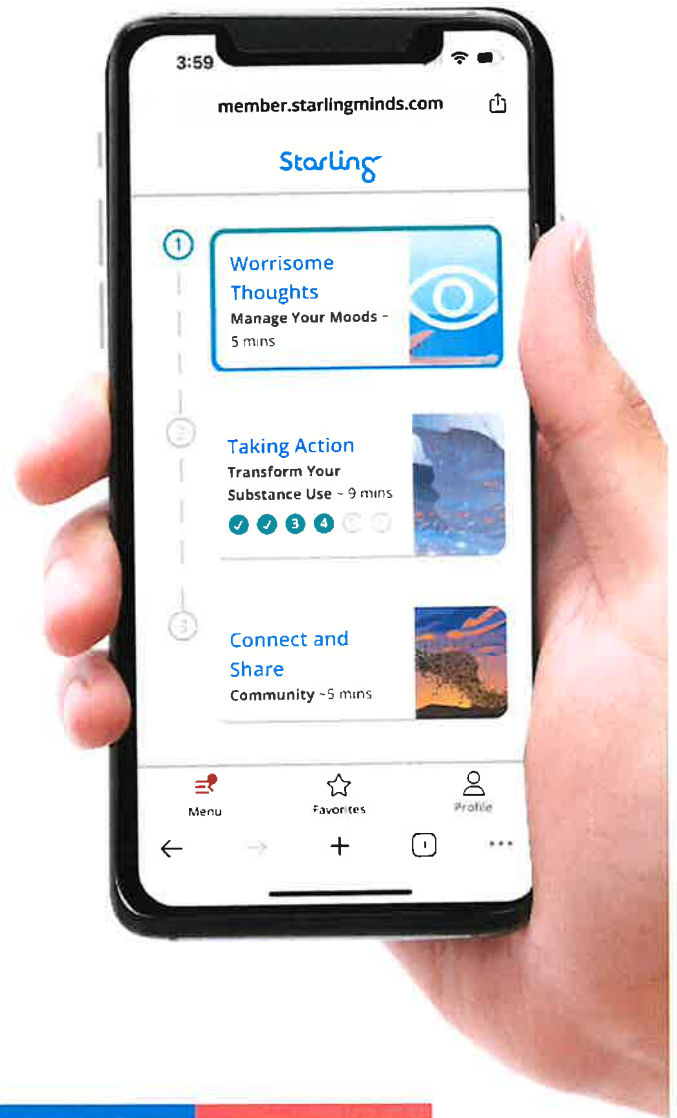
Set of tools to help you set goals, track your progress, balance negative thoughts, and regulate moods

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



90%

Starling supported their mental fitness

58%

improvement in anxiety scores

76%

improved their mental fitness

61%

improvement in depression scores

" 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."



OTIP's Mental Health Services



CONFIDENTIAL

AVAILABLE 24/7

PERSONALIZED TO
YOUR JOURNEY

OTIP is here to support you on your mental health journey, every step of the way.

In partnership with mental health experts at Starling Minds, all OTIP members have exclusive access to complimentary and confidential digital mental health support. **Without stigma and in the comfort of your safe space.**



Assess your mental health.

Rely on quick assessments backed by science to give a clear snapshot of your current mental fitness and what areas to focus on, such as sleep, resilience, stress, and energy.



Build your mental fitness.

Access a personalized daily mental health management program using digital Cognitive Behavioural Therapy (CBT), a wellness toolkit, and online training sessions tailored to your needs.



Transform your substance use.

Reflect on your substance habits and decide what change could look like for you. Whether that includes cutting back or quitting entirely, the Starling Minds substance-use program will adjust to support your specific goals.

JOIN STARLING MINDS TODAY!

All OTIP members, including RTIP, Home, Auto, and Life Insurance customers, can access Starling Minds. Eligible family members/dependants aged 16 years and older can also access OTIP's Mental Health Services.

Visit otipraeo.starlingminds.com and click **"Register"** to get started.



Don't forget to download the Starling Minds mobile app by searching **"Starling: Get Mentally Fit"** in the Google Play or Apple app store.

Learn more at otip.com/otip-wellness-programs

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