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 more. Take simple steps to help you lead a healthier, happier life.

How to get started

- Go to **epc.member.starlingminds.com** or **scan**
- Enter a new password
- Enter your profile information
- Select a codename
- Get started!

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.

Download our app:

Download on the App Store

GET IT ON Google Play

Starling Build Resilient Minds.

Key Program Features

Homepage
Guides you through your daily training session

Explore Page
Explore a personalized space designed to help you thrive — with tools, strategies, and resources to strengthen your mental fitness and well-being

Check-Up
Take an assessment for stress, energy, resilience, anxiety, depression, and more. Track changes to your levels and uncover insights about yourself

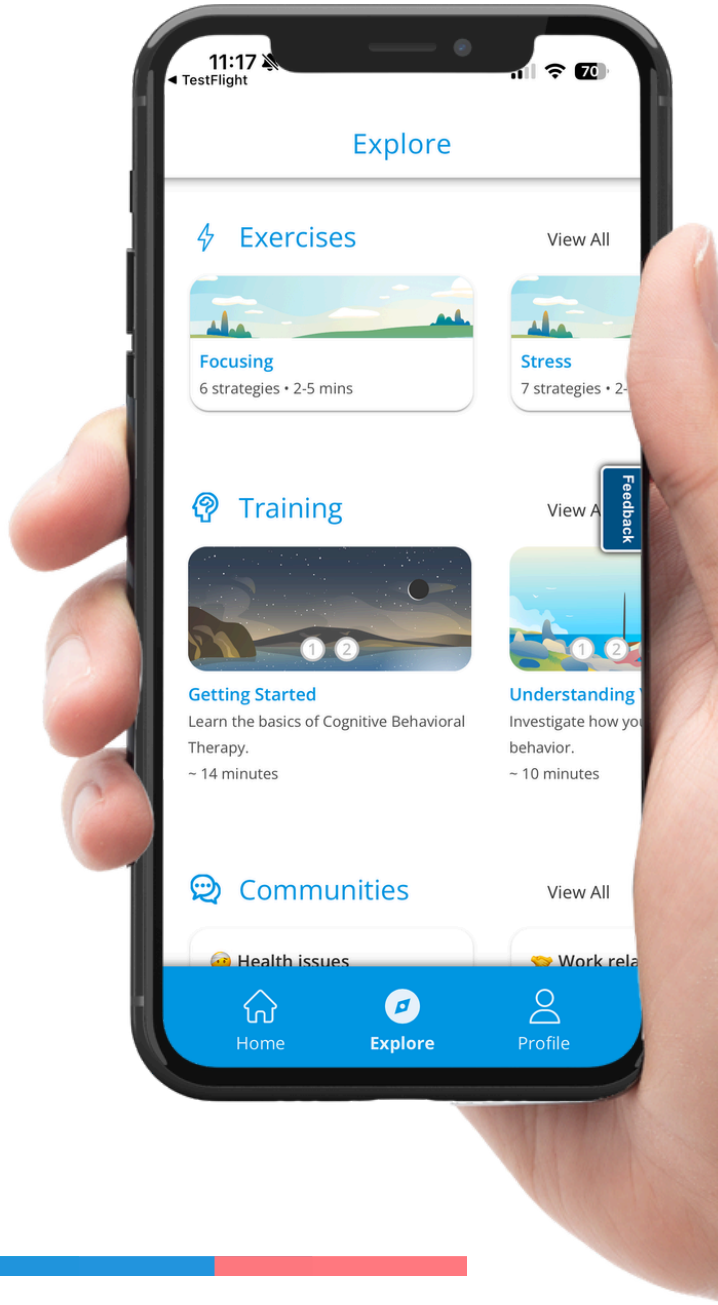
Training Sessions
Ten-minute sessions to help build the tools, skills, and knowledge you need to improve your mental fitness

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."