

The Northwest Territories Teachers' Association together with the Department of Education, Culture and Employment, through the NWT Education Renewal Initiative, are proud to support the Starling Program for NWT educators.

What is Starling Minds?

Starling Minds is an online program designed specifically for teachers and principals. It provides education on how to manage stress, prevent depression and anxiety, and develop resiliency

Feeling stressed?



You're not alone. 1 in 5 people experience anxiety, depression, and worry. That's 8 300 people living in the Northwest Territories.

Mental illness directly or indirectly affects all Canadians at some point through a family member, friend or colleague.

The Four Factors That Increase Educators' Stress

1. The Job
2. Personality Profile
3. Lack of Mental Health Education
4. The Length of Time Before Teachers Request Help



Starling Increases Educators Resilience to Stress

"This challenge got me back into using the program. I like the concrete tools like the strategic breathing and the thought balancer tool"

NWTTA Member, June 2018

"I realize now how my mental health has been flagging for many years, but I didn't realize that I wasn't coping well until recently. I was slowly depleting my battery until there was nothing left. "thought balancer tool"

NWTTA Member, May 2018

"Seeing my experiences reflected in the comments of others. Gotten encouragement and ideas from their honesty. "

NWTTA Member, April 2018

10 Module Program

Starling is an online tool that includes education about mental functioning and how to manage stress, prevent depression and anxiety, and develop resiliency.



Case study: Virginia

Virginia is a Canadian teacher, who has a lot on her plate. During the course you learn how Starling has helped her overcome emotional distress.



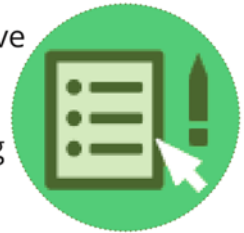
Human Component

Dr. Andrew Miki will guide you through the program, and teach you the basics of Cognitive Behaviour Therapy (CBT).



Tools

Our unique assessment will give you a baseline of your current mental health and will track your progress over time. Using Starlings' tools will help you become more aware of your patterns that lead to distress and put you in control.



Starling's™ goal is to start a grassroots movement with NWTTA teachers to transform the way we understand mental health.

Register or sign in now at app.starlingminds.com

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