

Healthy Mind

Solutions

Think Better. Feel Better. Live Better.



The fear of infection, the isolation, and the financial uncertainty of losing their jobs and their businesses are creating a tremendous amount of stress to millions of Filipinos, leading to anxiety and depression. MindWoRx is the first self-managed online mental health platform in the Philippines designed to alleviate the fear of stigmatization by making it anonymous.



Healthy Mind Solutions is a Canadian digital mental wellness company with a mission to break the stigma of mental illness in the Philippines. Our goal is to provide research-based mental wellness solutions that are effective, accessible, and affordable.



MindWoRx is a self-managed online mental health platform to overcome anxiety and depression using Cognitive Behaviour Therapy (CBT) programs. Combined with an assessment tool and a community group forum, together they deliver a comprehensive mental health solution for individuals, corporations, and medical professionals.

MindWoRx is Mental Health Act RA-11036 compliant and is:

- ✓ **Effective** – over 100,000+ users globally.
- ✓ **Affordable** – annual license is less than the cost of a single therapy session.
- ✓ **Research-based** – designed by leading mental health professionals.
- ✓ **Confidential** – users' identities are kept completely anonymous.
- ✓ **Convenient** – self-paced and available online 24 x 7.



Philippines Office:

Healthy Mind Solutions (Philippines)
27 & 28, Tower 2 The Enterprise Centre Corner
Paseo De Roxas and Ayala Avenue
Makati 1226 Philippines

Contact us:

 www.healthymindsolutions.net
 info@healthymindsolutions.net

Sales: +63 917 890 5030

Support: +63 995 639 7288

Follow us:



Healthy Mind Solutions

Think Better. Feel Better. Live Better.



Benefits:

Lower Employee Absences

Anxiety and depression is one of the main reasons for higher employee absences under the “sick” days” or “family emergency” reasons. By making the MindWoRx platform available to all employees, employers can proactively address potential mental illness related issues that contributes to high absence rates.

Increase Employee Productivity

By having a company mental wellness program using the MindWoRx platform, employees are able to proactively and privately manage their anxiety and depression resulting in more loyal and productive employees in the long term.

Lower HR Turnover

By addressing employee anxiety and depression issues early on and with continuous regular private mental health assessment through MindWoRx, employees are more likely to recover from their mental illness and stay with the company.

The MindWoRx annual license includes unlimited use of:

- Mental Assessment Tool that can diagnose up to 29 different mental illnesses.
- 9 CBT modules to overcome anxiety and 8 activity worksheets.
- 9 CBT modules to overcome depression and 12 activity worksheets.
- 5 bonus CBT modules on Relationships, Resolving Disputes, Shyness and Sensitivity, Role Transitions, and Grief & Loss.
- Mood and symptoms trackers that monitor your improvements and progress.
- Research-based guides and tips on anxiety and depression management.
- Exclusive access to the global community support group.

"MindWorx is a comprehensive and research-based online mental health solution, like having a therapist within your reach."

- Charlene Lucas, RPsy



Philippines Office:

Healthy Mind Solutions (Philippines)
27 & 28, Tower 2 The Enterprise Centre Corner
Paseo De Roxas and Ayala Avenue
Makati 1226 Philippines

Contact us:



www.healthymindsolutions.net



info@healthymindsolutions.net

Sales: +63 917 890 5030

Support: +63 995 639 7288

Follow us:

