



Separation from friends, challenges with online schooling and the uncertainty of their future is creating a tremendous amount of stress to students resulting to anxiety and depression. Teachers and administrators are also struggling to cope with the stress of delivering an effective curriculum remotely and balancing their own personal home life.



Healthy Mind Solutions is a Canadian mental health company with a mission to break the stigma of mental illness in the Filipino culture, by providing mental health solutions that are anonymous, accessible, and affordable.



MindWoRx is a web-based self-guided mental therapy platform to overcome various mental illnesses including anxiety and depression and strengthen mental resilience using Cognitive Behavior Therapy (CBT). It is a comprehensive mental health solution that includes an Anxiety and Depression Assessment Test, Mental Recovery and Mental Resilience courses, and a global community forum monitored by therapists.

Backed by 15+ years of peer-reviewed clinical research supporting its efficacy, MindWoRx is Mental Health Act, RA-11036 compliant. It is the only mental health solution in the Philippines that is:

- ✓ **Effective** - Over 150,000+ users globally.
- ✓ **Affordable** - Annual license is the same cost as a therapy session.
- ✓ **Evidence-based** - clinically tested and designed for efficacy.
- ✓ **Confidential** - Users' identities are kept completely anonymous.
- ✓ **Convenient** - Self-paced and available online 24/7



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:

Confidential and Anonymous

Students, teachers, administrators and counselors can use the full functionality of the MindWoRx platform without revealing their identities. To avoid stigmatization and discrimination, the platform only requires an anonymous email and non-identifiable personal information to get full access to all its features.

Effective

MindWoRx platform was designed based on the Cognitive Behaviour Therapy approach, a globally accepted psychotherapy practice. Based on 15+ years of clinical research, students, teachers, administrators, and counselors will learn sustainable coping skills and anxiety and depression techniques to handle stressful situations.

Available 24/7

MindWoRx is available when students and teachers need it the most, after school and at night when anxiety and depression are most prevalent. It provides them with timely and convenient online mental health support when they need it and where they need it. It is just like having a therapist within reach anytime and from anywhere. It is also scalable, allowing many to have immediate access simultaneously without having to wait in line.

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

Annual MindWoRx license includes unlimited use of the following:

- **Web-based Depression and Anxiety Test**
- **Mental Assessment Report that can diagnose up to 29 mental illnesses**
- **2 Mental Recovery courses in Overcoming Anxiety and Overcoming Depression.**
- **20 CBT Activity Worksheets for anxiety and depression**
- **5 Mental Resiliency Courses**
- **Goal setting module based on the SMART principle.**
- **Mood and Symptom Trackers to monitor daily and monthly levels of anxiety and depression**
- **Research-based mental health tips and advise**
- **Membership to global community support group monitored by therapists.**



HIPAA
COMPLIANT



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:

