

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)
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Benefits:

Confidential

User only need to provide an anonymous email and a few non-identifiable personal information to be able to access the full functionality of the MindWoRx platform. This is to prevent user identification and potential discrimination and stigmatization.

Self-paced and Flexible

Users can go through the MindWoRx platform at their own pace and at their own convenience. The user has the flexibility to start at any section of the platform, depending on the user's preference.

Affordable and Convenient

For the equivalent cost of one therapy session, users have unlimited use of all the features and functionality of the MindWoRx platform for a full year. Available 24 x 7, it provides the user with timely and convenient online mental health support when they need it and where they need it.

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

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