



Organizations and associations are increasingly looking to provide an affordable mental wellness solution to their members, to address the escalating instances of sickness, absences, and long-term disability due 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:

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Benefits:

Leadership

By offering the MindWoRx platform to its members combined with a mental wellness program at the workplace, the organization is positioned as an innovative thought-leader that is forward-thinking by looking after the mental health of its members.

Added-Value

The MindWoRx platform helps the organization's members implement mental wellness solutions at their workplace that individually, members may not be able to avail, providing value to their membership to the organization.

Lower Cost

Collectively, the purchasing power of an organization provides each individual member with a cost-competitive MindWoRx annual license cost compared to purchasing the licenses individually.

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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