



Return-to-Health Program

Help employees take control of their mental health and become empowered on their path to recovery.

We know being on disability isn't easy. Starling has supported thousands of people on their path to health. Our confidential programs deliver highly effective online skills training, exercises, and education to support employees that are on leave. In the privacy home, learn cognitive behavioural therapy-based strategies that are proven to strengthen and rebuild resilience to stress, anxiety, and depression.



I am learning all about persistent pain management to be well enough to return to work in two weeks time! It has been really slow and difficult but Starling is helping to get me there step-by-step."

-Starling Member

A Program That Supports Employees on their Recovery

We have over *10 years of clinical experience helping people regain their lives* wherein 77% of Starling Members report an improvement in their mental health. We deeply understand the unique stressors of being on disability and encourage employees to get started in our evidence-based program so they can begin to feel empowered on their path to health.

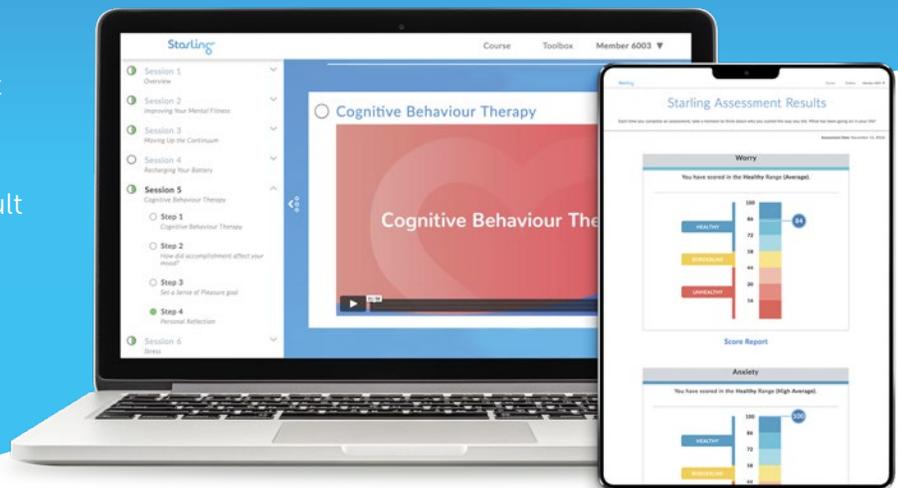


77% of Starling Members report an improvement in their mental health

Starling Minds is here to support you.

Starling Build Resilient Minds.

Our return-to-health programs are designed for people who cannot work due to physical injury or mental illness. Members receive clinical guidance to set a realistic return to work date and create an action plan for getting there. We also help prepare scripts for potentially difficult conversations when back at work.



How Will Starling's Return-to-Health Program Benefit Your People?



Daily video-based CBT support which makes it easy to learn strategies that improve moods, lower anxiety, decrease sadness, and build confidence.



Evidence-based assessments and assessment history tracking that gives accurate feedback when members are anxious, worried, sad or depressed.



Digital tools that help employees set goals, track progress and recenter when overwhelming emotions are mounting.



An anonymous community of 1000's to support progress and help people understand that they are not alone.



I wish Starling was offered to me after my first incident at work. It would have prevented my need for stress leave again. It's helped me to understand what I need to do to manage my mental health."

-Starling Member, WorkSafeBC