

OTIP's Mental Health Services

CONFIDENTIAL

AVAILABLE 24/7

PERSONALIZED TO
YOUR JOURNEY

OTIP is here to support you on your mental health journey, every step of the way.

In partnership with mental health experts at Starling Minds, all OTIP members have exclusive access to complimentary and confidential digital mental health support. **Without stigma and in the comfort of your safe space.**



Assess your mental health.

Rely on quick assessments backed by science to give a clear snapshot of your current mental fitness and what areas to focus on, such as sleep, resilience, stress, and energy.



Build your mental fitness.

Access a personalized daily mental health management program using digital Cognitive Behavioural Therapy (CBT), a wellness toolkit, and online training sessions tailored to your needs.



Transform your substance use.

Reflect on your substance habits and decide what change could look like for you. Whether that includes cutting back or quitting entirely, the Starling Minds substance-use program will adjust to support your specific goals.

JOIN STARLING MINDS TODAY!

All OTIP members, including RTIP, Home, Auto, and Life Insurance customers, can access Starling Minds. Eligible family members/dependants aged 16 years and older can also access OTIP's Mental Health Services.

Visit otipraeo.starlingminds.com and click "Register" to get started.



Don't forget to download the Starling Minds mobile app by searching "Starling: Get Mentally Fit" in the Google Play or Apple app store.

Learn more at otip.com/otip-wellness-programs

