

Quick Start Guide



Meet Mindstride

Welcome to Mindstride! Your organization has made your mental health and well-being a top priority by selecting us. With access to expert care, comprehensive mental health and primary care programs, and targeted workplace health initiatives, we're here to support you every step of the way, helping you thrive both personally and professionally.



Personalized Care



Tailored mental health services designed to meet your unique needs and preferences.

Convenient Access



Flexible in-person and virtual care options, making it easy to get the support you need, wherever you are.

Health Programs



A wide range of mental health and primary care programs to fully support your well-being.

Expert Practitioners



Access to experienced doctors and clinicians committed to your mental health.

Workplace Health



Programs designed to reduce stress and boost your well-being, helping you succeed both professionally and personally.

Confidential & Secure



Your privacy is our top priority, with secure platforms and protocols in place to protect your personal information.

Who we are

Provide the care employees need, when they need it the most.

Mindstride is a Canadian mental health provider focused on employee well-being. Our experts ensure employees receive top care, fostering healthier, more productive workplaces.

What we do

Boost employee engagement with cutting-edge mental health care.

Mindstride's world-class team offers proprietary, innovative interventions that reduce stress and burnout. By proactively engaging employees, we boost productivity, retention, and engagement.

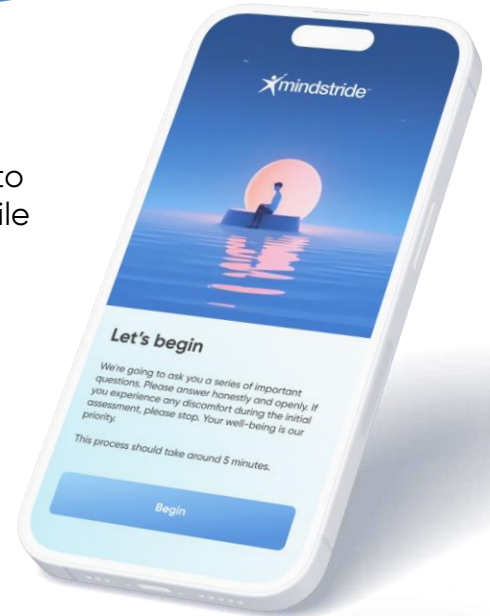


Let's get started

1

Download the Mindstride Health Mobile App

You will receive a signup/registration email inviting you to download and signup to use the Mindstride Health mobile app. You can also download it here:

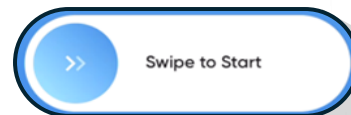


2

Once you register, you will receive a Welcome email

This welcome email contains your user name (login ID) and a temporary password. Launch the app, click the swipe to start at the bottom of the screen and enter your login credentials that we sent in the email.

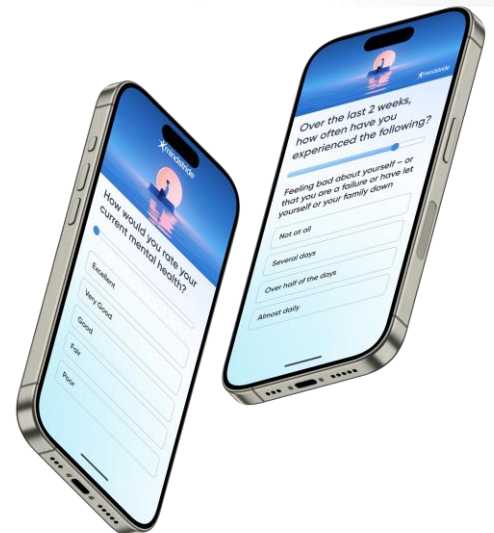
Note: If for some reason the temporary password has expired, tap on the "Forgot my password" and you will be sent an authorization code to your email. Enter the authorization code in the app when asked and you will be able to setup your password to begin.



3

Logon and begin the Onboarding process

You can now begin the onboarding process which is a series of questions to gauge how you are doing.



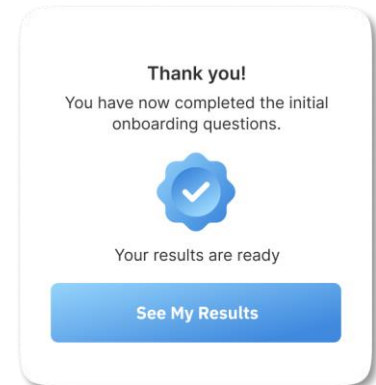
Let's get started

4

Review Your Initial Assessment

Once you have completed the onboarding process, you will be able to review the overall results.

These results will be sent to the Mindstride Clinical Team where you can discuss at your first appointment.



5

Book an in-person initial appointment to complete your Onboarding

Now it's time to meet with the Mindstride Clinical Team to discuss how you are doing and build your personalized care plan to make the most of your health and wellness!



Simply call (343) 809-5972

[Book Now](#)

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Our Mission

We understand the profound impact that mental health challenges can have on individuals and organizations alike. Having faced both direct and indirect experiences with mental health issues, we are driven by a deep, personal commitment to make a difference. Our mission is to ensure that every organization can provide its employees with the best care fostering healthier, more productive workplaces.

Dedicated Multidisciplinary Team

At Mindstride, we believe that comprehensive care requires a collaborative effort. Our dedicated multidisciplinary team includes experienced mental health professionals, researchers, and technologists who work together to deliver humanized and science-informed personalized care. This team approach ensures that every aspect of an individual's mental health is addressed, from assessment to treatment and on-going follow-up.

Our Commitment

We are committed to making mental healthcare accessible, while improving patients' outcomes. By partnering with organizations, we aim to create environments where employees feel valued and actively engage in their mental well-being. Our innovative solutions are designed to integrate seamlessly into the workplace, providing convenient and confidential access to the care employees need.

Join us on our mission to revolutionize mental healthcare and build healthier, happier workplaces. Together, we can make a lasting impact on the well-being of individuals and the success of organizations worldwide.



For more information, visit
Mindstride.ai/getting-started

