

mind amigo



**Your holistic Journey to
Better Mental Health Guide**

www.mindamigo.com

Support your employees with psychological principles for life

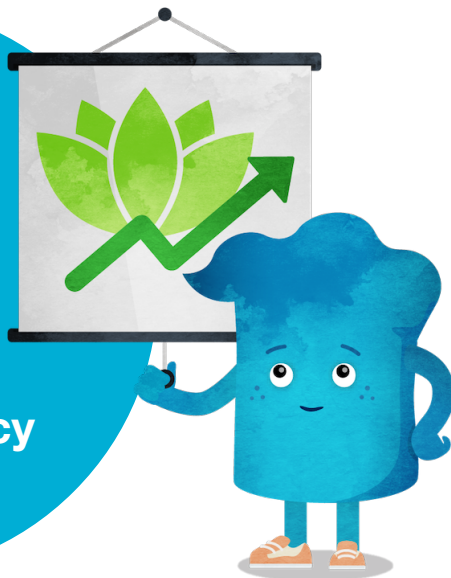
Mindamigo offers a truly **holistic approach** to mental wellbeing with an eclectic combination of techniques and insights from **ACT** and **CBT** based therapy alongside mindfulness principles, **empowering employees** to discover what works best for them.



Acceptance & Commitment Therapy (ACT)

By using psychological flexibility, the ACT approach promotes a more open and compassionate perspective when experiencing difficult and challenging emotions. It also seeks to develop a healthier sense of self and set of personal values.

**Holistic
approaches
to mental
health
demonstrate
greater efficacy**



Cognitive Behavioural Therapy (CBT)

Cognitive Behavioural Therapy (CBT) offers a practical approach to overcoming challenging thoughts and emotions by reflecting on the evidence and challenging negative distortions. This is done by changing our perspective and building in positive daily habits.

Beyond traditional CBT

Cognitive Behavioural Therapy dominates mental healthcare across society, but has its limitations. CBT's focus on rationally trying to figure our way out of difficult thoughts and emotions is not always the best or most suitable approach for the individual.

Mindamigo goes beyond this limitation by offering 'Third Wave' Acceptance and Commitment Therapy, combined with CBT.



Imagine a tennis ball machine that's firing tennis balls at you. Think of those tennis balls like negative thoughts.

CBT teaches us the first option which is to pick up a racket and hit the tennis balls away. Challenging negative thoughts in a direct and rational way.

ACT on the other hand, teaches us the second option, which is to simply step out of the way of the oncoming tennis balls, and observe from a distance without getting entangled in the negative chatter of the mind.

Evidence based and trusted by experts



Dr Kareem Khan
MSc, PhD

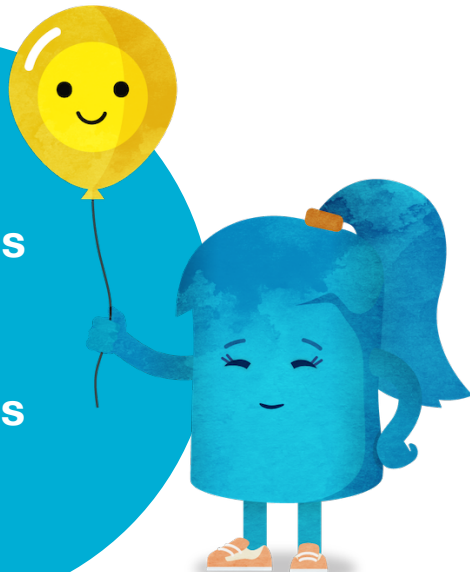
Mindamigo Advisory board member and Research Fellow at MindTech MedTech Cooperative



Dr Sarah Gunn
MSc

Mindamigo Advisory board member and lecturer at Leicester University

Holistic interventions have been shown to reduce costs by 20%



For individuals

Find what works best



A diverse range of content from ACT and CBT therapy alongside mindfulness

Wellbeing dashboard



Keep a track of how you're feeling over time to ensure Mindamigo is working for you

Feel less stressed



ACT and CBT therapy are clinically proven to reduce stress and increase happiness

For organisations

Meet staff mental health needs



Preventative tool to address mental health problems before they become more serious

Improve employee happiness



Happier employees are more resilient and productive

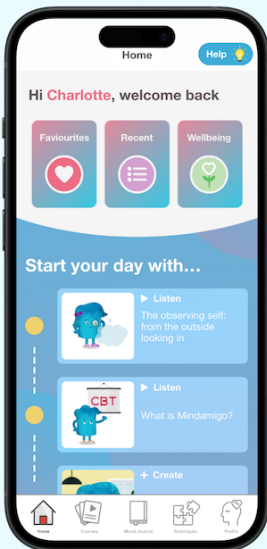
Manage via dashboard



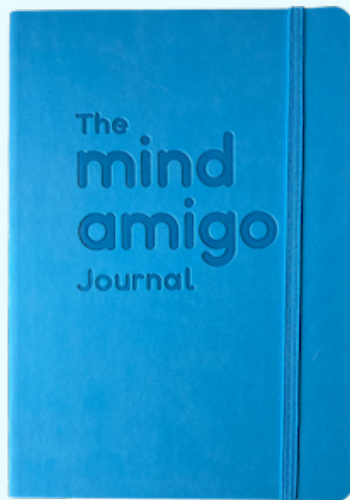
User friendly platform to manage employee access and impact



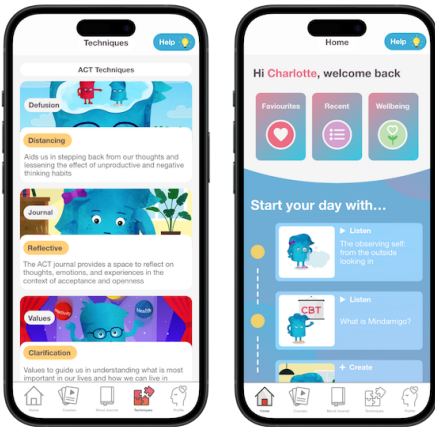
Products



Mindamigo App



Mindamigo Journal

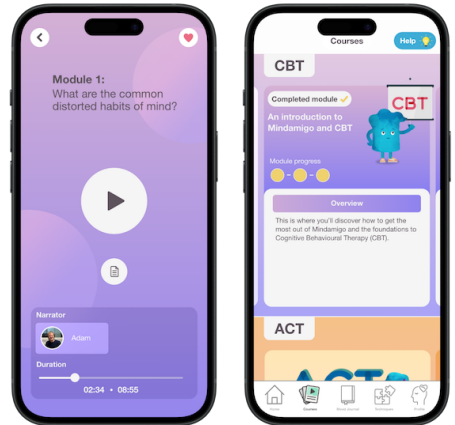


Tailored recommendations from the techniques library

Mindamigo helps guide you through your mental wellbeing journey with a daily plan which makes use of the various ACT and CBT techniques found in the Techniques library

Dedicated ACT, CBT and meditation course

Listen in to the ACT, CBT and Mindfulness course helping you become your own kind of therapist. The course includes customisable characters and themes to make the app your own.

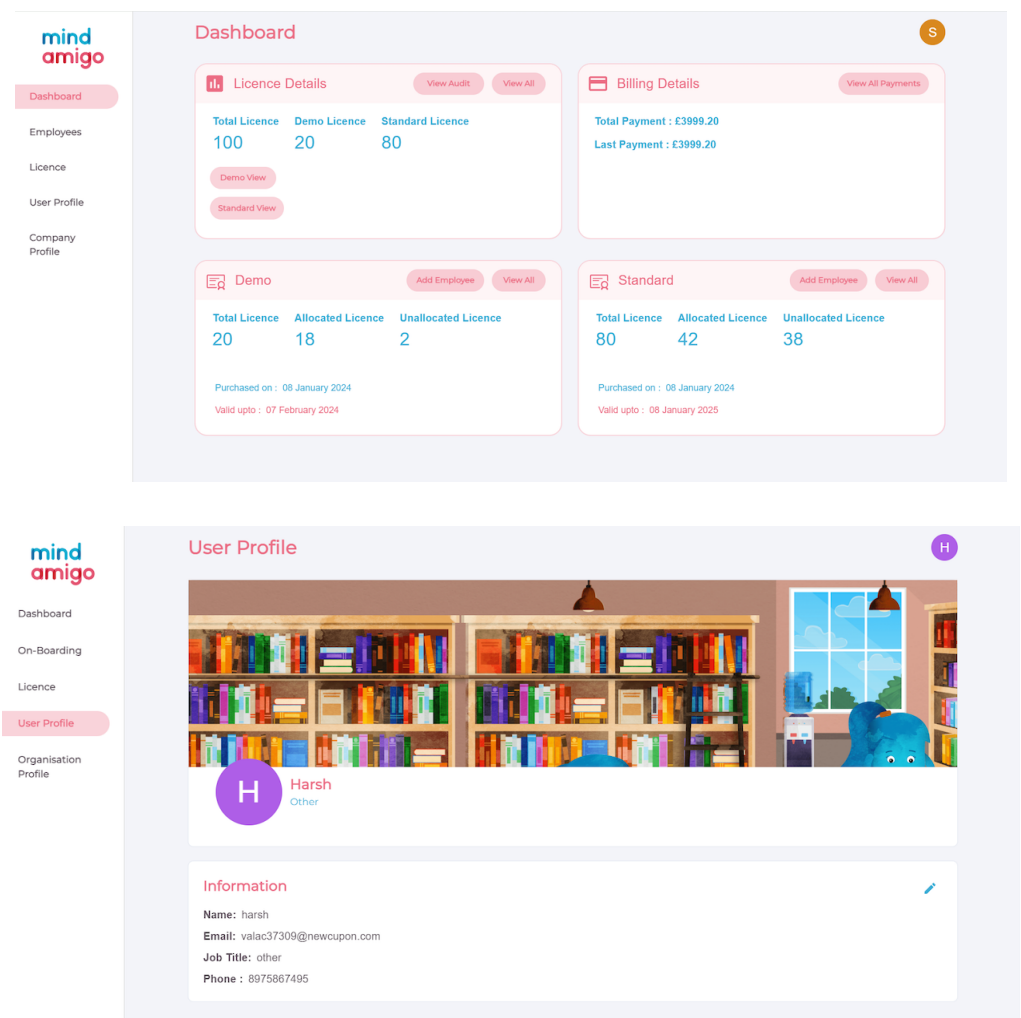


Track your wellbeing over time

Mindamigo provides a built in wellbeing dashboard to see your current state of mental wellbeing and how to track it overtime to ensure the Mindamigo app is working for you.

Manage access via your organisation dashboard

Your organisation dashboard accessed via desktop PC, lets you manage your Mindamigo account with ease giving you full control. You can adjust your license, manage your profile and can assign and distribute employee access to the Mindamigo app across your organisation.



Your personal companion, The Mindamigo Journal, is here to complement the Mindamigo app, enabling individuals to record and reflect upon challenging thoughts through written expression.



184 pages for 5 months of journalling



Elastic and ribbon to keep your journal private and mark your page



High quality soft-touch cover material

Message from the Mindamigo board



Director
Manoj Yadav



Director
Vipul Dalal



Director
Adam Chadwick

Thanks for checking out our brochure. We hope you'll find something that resonates here for you and your employees in promoting a more holistic approach to mental health for your organisation.

We're happy to have a conversation to discuss further via the contact details on the final page, but in the meantime, you may wish to check out our corporate video at to learn more about Mindamigo - www.mindamigo.com/about

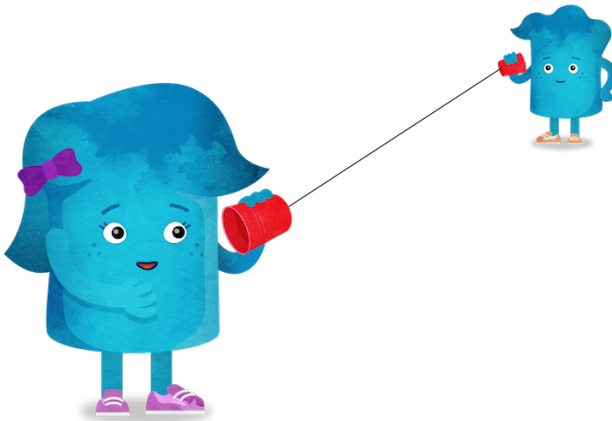
Contact

We're committed to helping your organisation and employees feel happier and more resilient. Get in touch to see how we can support you with a free demo of Mindamigo.

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