

mind amigo



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

www.mindamigo.com

Support your employees with psychological principles for life

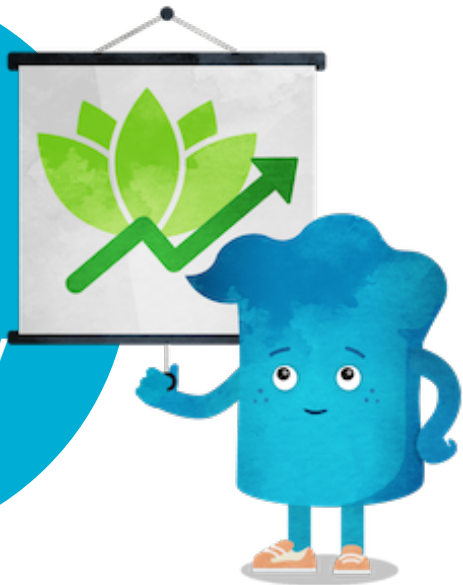
Mindamigo offers a truly **holistic approach** to mental wellbeing with an eclectic combination of techniques and insights from **ACT** and **CBT** based therapy alongside mindfulness principles, **empowering employees** to discover what works best for them.



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, but it's falling short. Relapse rates are high and chronic mental health in the population persists.

Complimenting the current CBT narrative, we aim to bring about a move towards a holistic treatment model with ACT to create a dynamically fluid and adaptable care system, that is effective, efficient and rehabilitative.



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, advisor in digital mental health interventions



Dr Sarah Gunn
MSc

Mindamigo Advisory board member, advisor in ACT based therapy

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

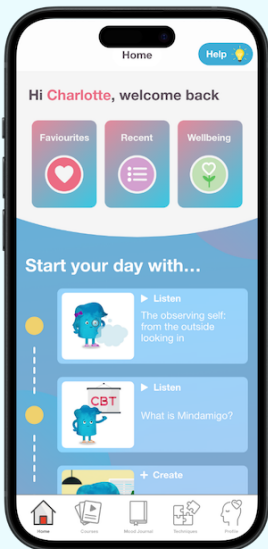
Manage via dashboard



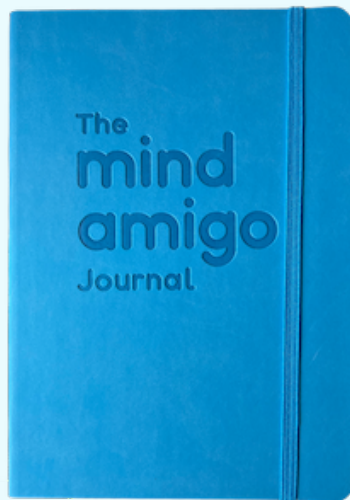
User friendly platform to manage employee access and impact



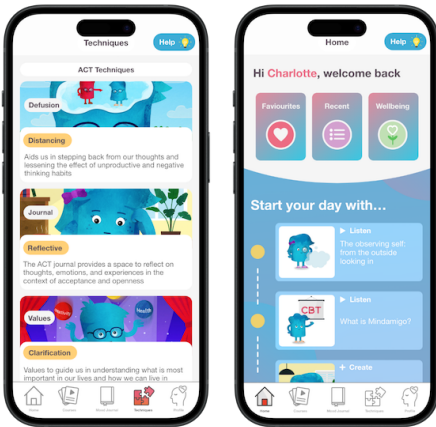
Products



Mindamigo App



Mindamigo Journal

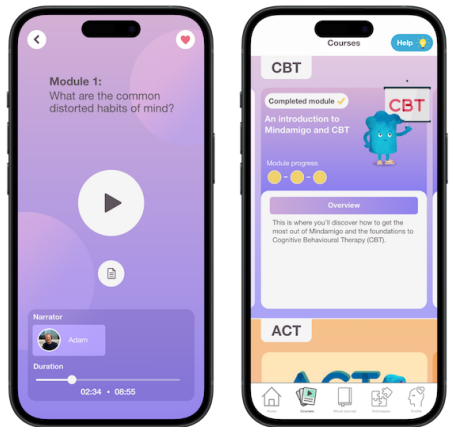


Tailored recommendations from the techniques library

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.

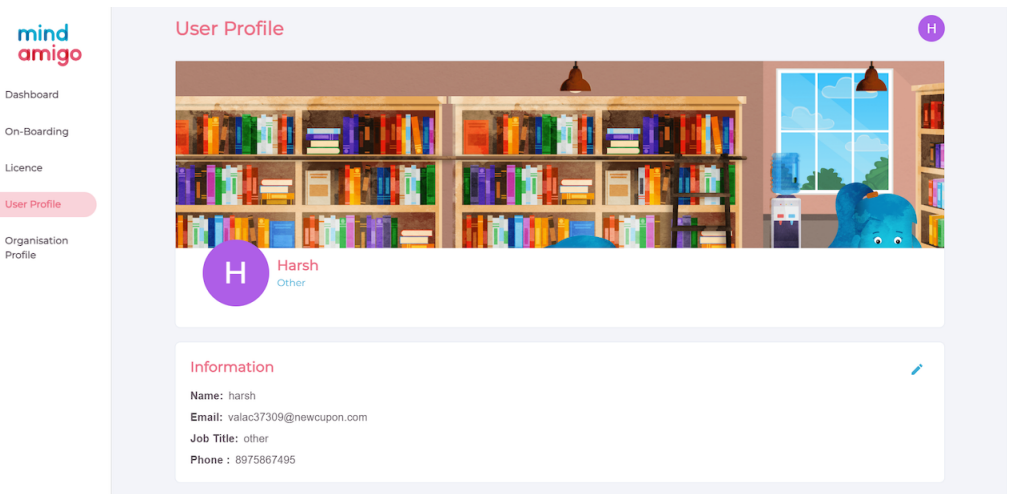
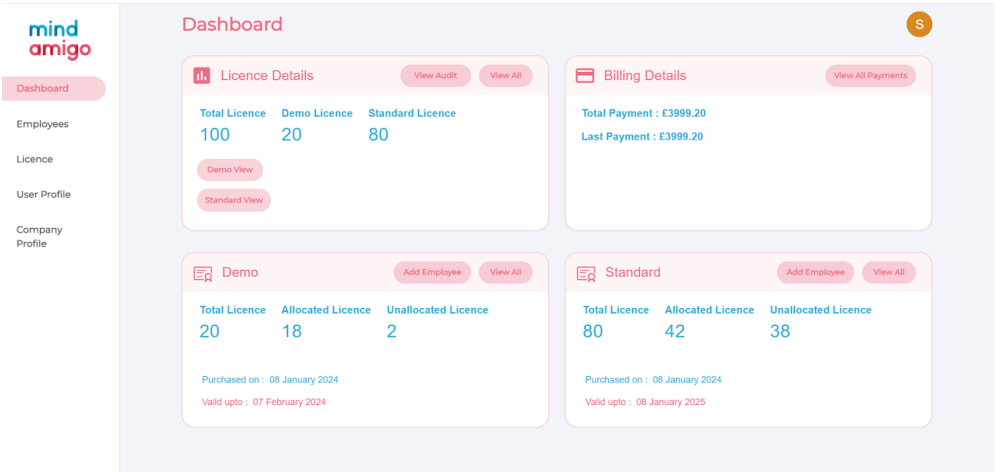


Track your wellbeing over time

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



Services



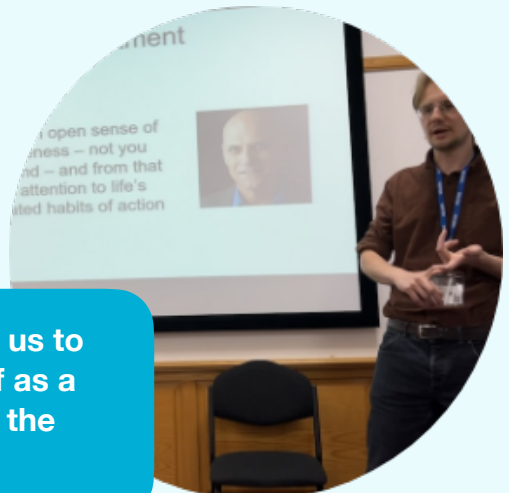
In-person talks
and webinars

We offer in-person talks and webinars that leverage the insights found in Acceptance and Commitment Therapy (ACT) **helping us better navigate adversity both in and out of work.**

These are profound psychological principles for life that when integrated and channeled into our lives can have a huge impact on our sense of self and overall wellbeing. **They take time to develop but once the message is heard, the journey can begin.**



Trying to control every aspect of our lives is an impossible ask - much of our life is simply out of our control. Recognising this is empowering



New perspectives that allow us to connect with our deeper self as a space of awareness - not as the story in your mind

Message from the Mindamigo board



Director
Manoj Yadav



Director
Vipul Dalal



Director
Adam Chadwick

Mindamigo is the ideal companion for your employees mental wellbeing, assisting organisations to reduce the devastating impact of poor mental health on sickness and staff turnover.

Our mission is to go beyond CBT and increase the adoption and accessibility of ACT. It builds on CBT, changing our perspectives and allowing for a deeper awareness of the inner self. It is eastern wisdom, wrapped in a therapeutic model, making ACT easily applicable to healthcare, organisations and institutions to support patients, employees, clients and students.

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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