

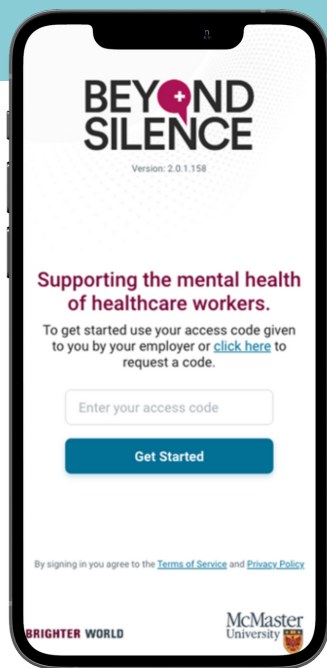
BEYOND SILENCE



What is the Beyond Silence app?

The Beyond Silence App is a mental health 'coach in your pocket' for healthcare employees. It provides information and support for managing mental health at work, including support for you and support to help co-workers. You can access information, supports and resources as well as set goals and track your wellness over time.

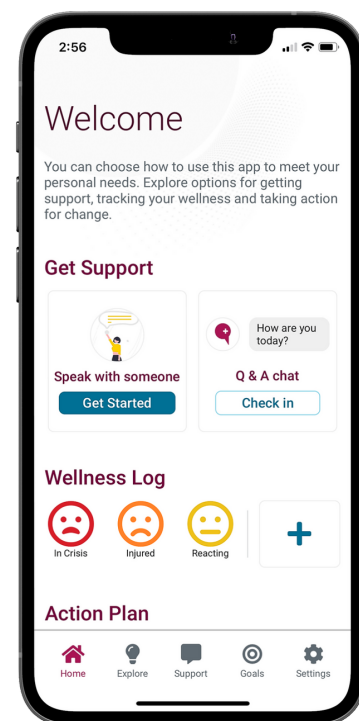
How do I use the app?



Log-in Page

Each organization will have its own unique access code, allowing the app to be customized specifically for each participating organization.

Home Page



Support: Connect with a peer support provider, access your wellness toolbox, register for upcoming seminars, or check-in

Wellness Log: Monitor and rate your wellness temperature over time

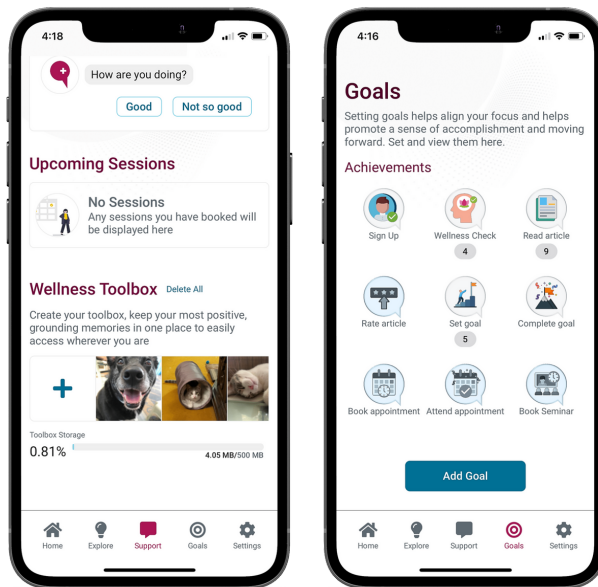
Explore: Browse various articles and content for yourself or to help a co-worker

Goals: Set goals for change and track your progress

Support

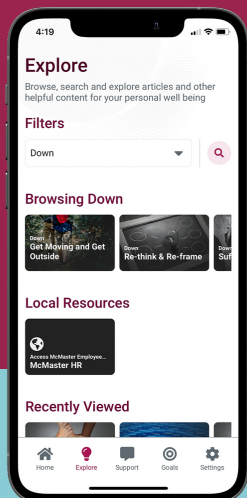


Connect with a chat-bot to find helpful resources and set goals to improve your well-being. Customize your own personal, private wellness kit with images that spark joy. You can also register to attend a peer-led info session on a range of topics.



Goals

Set goals to improve your health and well-being, along with a timeline (1-30 days). Choose from a list or set your own goals for change. Earn badges to track your progress.



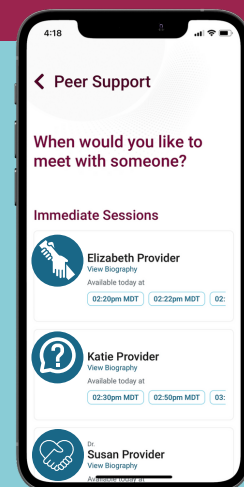
Explore

Search by topic to find articles, videos, infographics, and mini podcast episodes on topics including trauma, burn-out, moral injury, improving sleep, and more! Check out local resources available in your community.

Peer Support



Reach out to a trained peer support provider either within or outside your workplace. Use the filters to find a good match and review their biography to learn more. Book either a private phone or chat meeting at a time that works for you. All calls are confidential - peers do not know your name or phone number.



Wellness Check

Rate and monitor your wellness over time using the sliding wellness scale. Patterns of orange and red are cues to reach out for support.

