



We help people with their mental health

**OUR PURPOSE IS TO HELP
OUR CLUB MEMBERS STAY
HEALTHY.**



The people we help



MILLIONS OF PEOPLE STRUGGLE WITH MENTAL HEALTH AND/OR SUBSTANCE USE.

IF YOU ARE AN EMPLOYER, ONE-EIGHTH OF YOUR EMPLOYEES ARE NOT GETTING HELP THAT THEY NEED. AND THIS IS COSTING YOU.

We help the folks who struggle with mental health conditions and/or abuse of alcohol or other drugs. We provide online and in-person therapy services and peer support services.

We operate online communities and provide other support services all geared to help our “Club Members” stay healthy.

The key problem we solve: our team makes access to help super quick and easy and with anonymity and a personalized plan.

With our mental fitness focus, we work to get “out in front” of a problem before the person gets sick. We get outcomes employers want.

Any person who uses our services is a “Club Member.”





Our why

IT'S NOT JUST OUR JOB, IT'S OUR PASSION.

From our therapists and peer support coaches to our CEO and everyone else, our team comes from various backgrounds within the mental health space and all of us think the same way:

We are tired of mental health services and platforms that don't get desired outcomes.

We provide personal services, not just an app, and various elements of our community platform that are engaging, educational and fun.

For employers and employee assistance programs, we provide a “one-stop shop” for managing behavioral health services. There is no need to shop around for any other services or mobile apps.

We do not charge employers any fees like EAPs typically charge and we can complement any EAP. There is no need to terminate an existing EAP.

Here is a link to our video for employers [2024 Employer Video](#)



What you get



EXCELLENT CONSUMER EXPERIENCES AND OUTCOMES. WE ARE SUPER EASY TO IMPLEMENT – JUST GIVE EMPLOYEES OUR PHONE NUMBER.

First, if an employee or family member has a mental health challenge that is not an emergency, they call us at **833-833-9655**, we respond, and they'll usually see a therapist within 48 hours. Or the employee can book a therapist in our online platform at mindclubamerica.com.

We provide super easy and quick access to our excellent therapists.

Therapies and peer support are provided with a schedule that flexes for the employee. Missing work or family is not good – our group and individual therapy sessions do not affect the work schedule.

Our highest priority is for each Club Member (consumer) to achieve mental fitness so that their mental health does not affect their work or family. They don't miss work or family time and they do not go to hospital or residential treatment as a result of their behavioral health condition.



Outcomes



**MINIMAL MISSED WORK TIME. REDUCED HEALTH CARE EXPENSES.
YOUR EMPLOYEES STAY EMPLOYED WITH YOU.**

Our purpose is to help our Club Members stay healthy.

Outcomes we target for every employer:

- We reduce your health care expenses and increase your profits.
- Increased productivity and improved customer service.
- Fewer missed work-days caused by mental health conditions.
- Employees and family members report improved quality of life, improved mental health (based on assessments) and employers retain more employees.



How we do it



WE HELP PEOPLE ACHIEVE MENTAL FITNESS.

We are making major changes in the way treatment gets done.

We provide every Club Member a free personalized “toolkit” that is geared to helping each Club Member achieve and maintain mental fitness. With this toolkit, every Club Member enjoys a much better quality of life.

Super easy and quick access to therapies with therapists that the employee/family member respects.

We integrate with primary care.

Our “connectivity and accountability platform” is a key part of our toolkit, and you can see it in this video:

[MindClub Connectivity & Accountability Demo](#)



How we do it



“GAMIFICATION” CAN REVOLUTIONIZE MENTAL HEALTH AND GENERAL WELLNESS. WE WILL DO IT.

Our Club Members have free access to our eLearning, ClubTips and other tools.

They learn on their own pace, for example, how to manage their anxiety. And they earn “badges” for successfully answering questions before going to the next session.

Employers can use for free our platform for any general wellness or training program and use our rewards system to encourage engagement.



Our platform



EMPLOYEES: WE WANT TO HELP YOU ACHIEVE AND MAINTAIN MENTAL FITNESS.

If you receive mental health counseling services with us, you will have a free personalized toolkit to help achieve and maintain mental fitness.

Every person who uses our services in any way is a Club Member. It is easy super easy to enroll; at www.mindclubamerica.com , just click “Join The Club” and create your user i.d. and password.

After logging in, you’ll see your own personal and private dashboard and free access to various tools to help you improve your mental fitness.

This video demonstrates our dashboard which is your link to tools you can use with us. Please use the resources we provide you --- you will improve your health.





Especially for employers

WE WANT TO HELP YOU SUPPORT YOUR EMPLOYEES.

Our team wants to work with employers of various types.

Employers tell us that one of their major concerns in medical benefits packages is access to mental health services. We provide solutions through easy and quick access and our “one-stop shop” platform.

Awareness of the benefits available are also a significant concern. We help your employees to be informed of their benefits packages. We have a series of “digests” that educate them about MindClub services as well as any other information that you as an employer want to provide.

Employers can use our online rewards system to encourage employees to conduct healthy activities, and we can tailor our rewards system for any employer.





Consumer experience

EASY ACCESS TO EVIDENCE-BASED HELP AND WITH ANONYMITY.

Our purpose is to help our Club Members stay healthy. A “Club Member” is anyone who uses our services. We want every Club Member to have a great experience with us.

Consumers of our services can expect:

- Super quick and easy access to a therapist.
- Gain sense of purpose, confidence, and tools for mental fitness.
- Simple, easy online assessments of mental health.
- In-person or online visits. No need to go to a clinic or long therapy sessions. Therapies online and in the home.
- Opportunity to participate in MindClub’s “Inner Circles” – these are our online communities of like-minded people with common purposes.



Our toolkit

**IT HELPS OUR CLUB MEMBERS
STAY MENTALLY FIT.**

- Brief assessments and then thorough assessments as indicated
- Our “connectivity and accountability dashboard”
- Personalized therapies (counseling)
- Medications management
- Community (our “Inner Circles”)
- eLearning library
- Recovery coaching (peer support)
- Entertaining and educational content
- Our unique online rewards system



Community



CONNECTION IS KEY TO MENTAL HEALTH.

**PEOPLE THRIVE WHEN ENGAGED IN A
COMMUNITY.**

Our communities, our “Inner Circles”, are built upon a single foundation: To create a safe space for people in recovery from various mental health challenges, including substance use, to interact and build their support network.

Our “Inner Circles” involve small groups of folks who deal with very similar challenges.





Programs to keep employees healthy

GETTING INVOLVED WITH PEERS, ELEARNING AND REWARDS SYSTEM.

VERY EFFECTIVE WAYS TO STAY HEALTHY.

Our programs are custom, novel and very effective. People with very similar challenges meet online, and, with a coach, discuss challenges and solutions.

We facilitate communities of like-minded people, and we call the communities our "Inner Circles." And employees can use for free our rewards system.

Our online communities and learning programs include:

- "ClubTips"
- "Parent Inner Circle"
- "Cognitive Behavioral Therapy" training through short videos
- "Self Care" and "Managing My Stress" video series
- And others, such as our video series for managing anxiety.

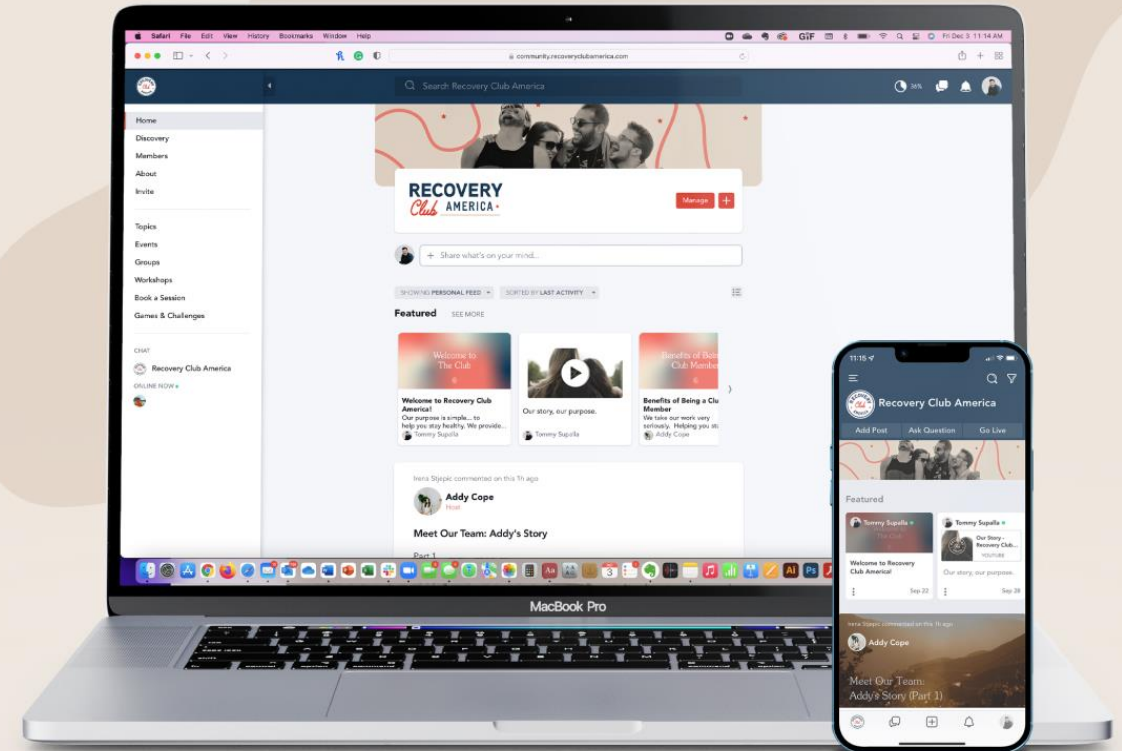
Easy access to help

**IT'S AS SIMPLE AS POINT AND
CLICK TO GET STARTED.**

Our platform was designed by clinicians, coaches, and case managers.

Booking a session or service is super easy – employees call us at **833-833-9655** or “Book a Therapist” at mindclubamerica.com.

We'll respond immediately and your employee will usually be seen within two days.



JOIN THE CLUB →



Thank You!

MINDCLUBAMERICA.COM