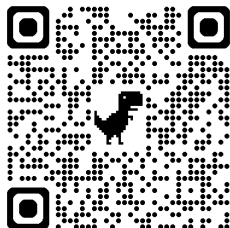


Emotional Wellbeing Toolkits Free!



Aspire Health Toolkit

The free Aspire Well-being Toolkit helps improve your mental wellbeing and substance abuse disorders with expert resources, information and tools.



Emotional Pulse App

The ShareTree Emotional Pulse app helps to alleviate the challenge people experience around mental health by connecting people and giving them the ability to check-in and support each other during times of strain.

Apple

Android



Support Group App

Life comes with many challenges. The Mental Happy Support Group platform has many life event-specific support groups to help you learn, overcome, and thrive.



Mental Health Assessments- Measurement Based Care

Aspire has partnered with Greenspace Health to offer our Measurement-Based Care “MBC” program so you can check in with how you’re doing on a regular basis so you can better understand your mental health, ensure that your experience is at the center of care, build your Provider-Patient relationship, and improve your clinical outcomes.

