

# Emotional Wellbeing Toolkits

LGBTQ+



## Aspire Health Toolkit

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



## 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.



## 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



## 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.

