



Quebec Provincial Association of Teachers
l'Association provinciale des enseignantes et enseignants du Québec

April 9, 2020

Starling Minds Mental Health Support for Teachers during COVID-19

QPAT has had a partnership with Starling Minds for the last several years. Starling Minds provides online mental health support for QPAT members free of charge that is specifically designed for teachers. In the last few years, many QPAT members have used these services.

Starling Minds has just created a section relating to the specific mental health challenges that COVID-19 presents for teachers. If you have already used Starling Minds in the past, you may have already received an email invitation to explore this new support package. If you have not registered in the past, registration and use of the program are free for QPAT teachers, both for the new COVID-19 section as well as the regular program. During these times, you may find it a helpful tool.

Follow the link to log in to your account or to create a new account: [Starling Minds Log-in and Registration](#). You will need your Industrial Alliance certificate number to show that you are a QPAT teacher to create the account, but there is no actual transmission of information to any other party.

At the moment, given unavoidable translation and technical lags, Starling Minds is still completing the French version of the COVID-19 modules. The regular modules of the Starling Minds program are available in both English and French. QPAT will update this memo once the French version of the COVID-19 program is available.