

World Mental Health Day October 10th, 2024

“It’s time to prioritise mental health at the workplace”

Take care of your mental health at the workplace with Auntie

Auntie is a low-threshold mental health related service offering confidential, one-to-one online sessions with a mental health professional, as well as a wide selection of reading material and exercises for your use.

Sign up now by using your organisation’s sign-up page or MyAuntie.

Most used packages

Auntie offers packages in three categories: psychological support, coaching and self-development, as well as support for leaders. Each package has 5 x 45-minute sessions. Here are some of the most used packages:



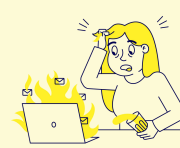
Lost in Transition



Feeling Down



Overachiever



Stressed Out

“A good low-threshold service to support balancing your personal life and thereby also increasing the meaning of your working life.”

- Building Me package user

“The perfect first step to promoting your own mental wellbeing.”

- Stressed Out package user

“This service was incredibly helpful and I feel very lucky to have an opportunity to utilise it.”

- Feeling Down package user

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How to prioritise your mental health at the workplace?

This world-wide event is an opportunity for each and everyone of us to

- ask yourself and a colleague how you are doing, really?
- share your experiences of prioritising and taking care of your mental wellbeing at work
- share your own insights of using Auntie to improve your wellbeing.