

## European Mental Health Week May 13th-19th, 2024

# Better Together: Co-creating the Future of Mental Health

### Take care of your mental health 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:



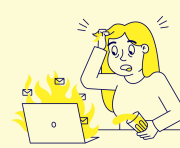
**Lost in Transition**



**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

## European Mental Health Week May 13th-19th, 2024

### How can you create a better future for your own mental health?

This week-long event is an opportunity for each and everyone of us to

- engage in discussions about various aspects of mental health
- share personal stories of coping with challenges during times of crisis and in general
- emphasise the need for action to combat stigma, discrimination, and exclusion
- champion good mental health for everyone.