

# MINDLAB

CREATING HEALTHY MINDS

Step by step programs to  
improve your mental wellbeing  
Learn about topics such as: stress,  
sleep, burnout, depression,  
mindfulness, Covid-19, ... .

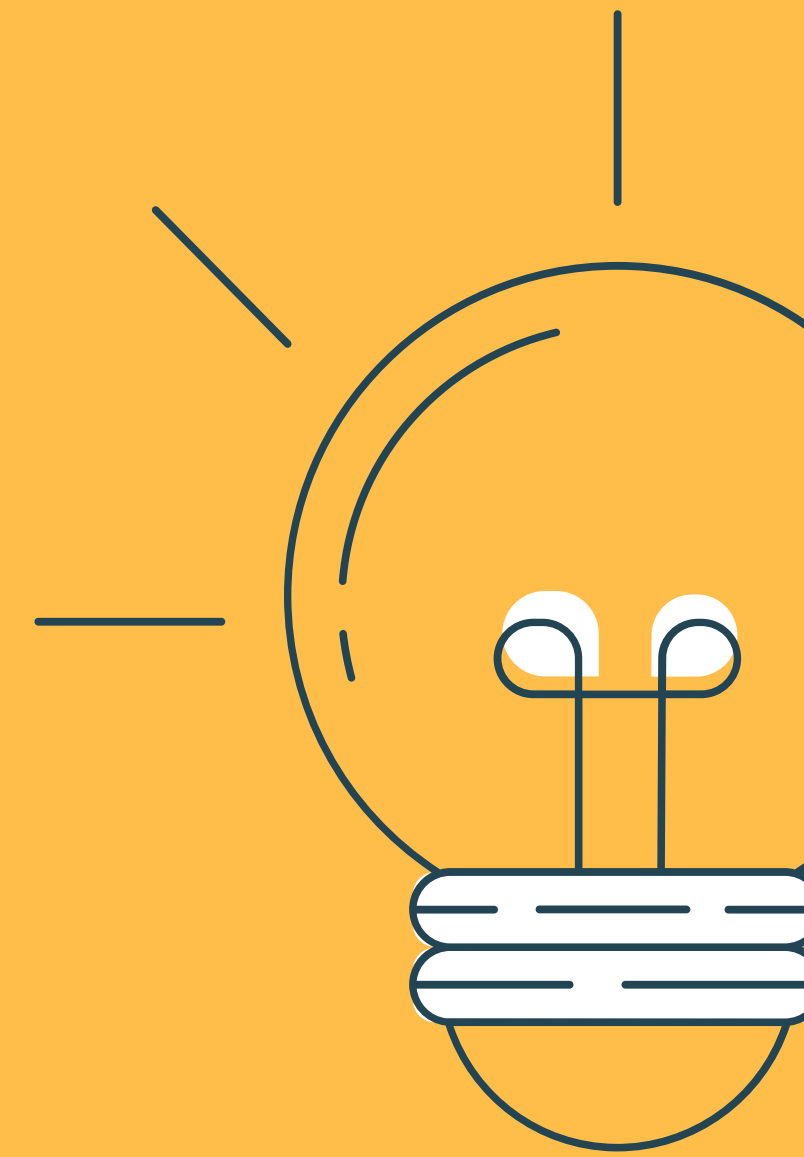
# HOW CAN MINDLAB HELP?

## What do we do?

Mindlab has developed programs to improve mental health, using cognitive behavioral techniques. Mindlab was created to unlock the potential of today's technology in the application of remote mental health care.

## What is a program?

Each program is of high quality and offers education material about a certain topic, combined with practical homework, video's, audio's, ...



# Which programs?

Less stress

Sleep better

Dealing with emotions

health anxiety

Coping with Covid-19

Depression

...



# WHAT DOES A PROGRAM CONTAIN?



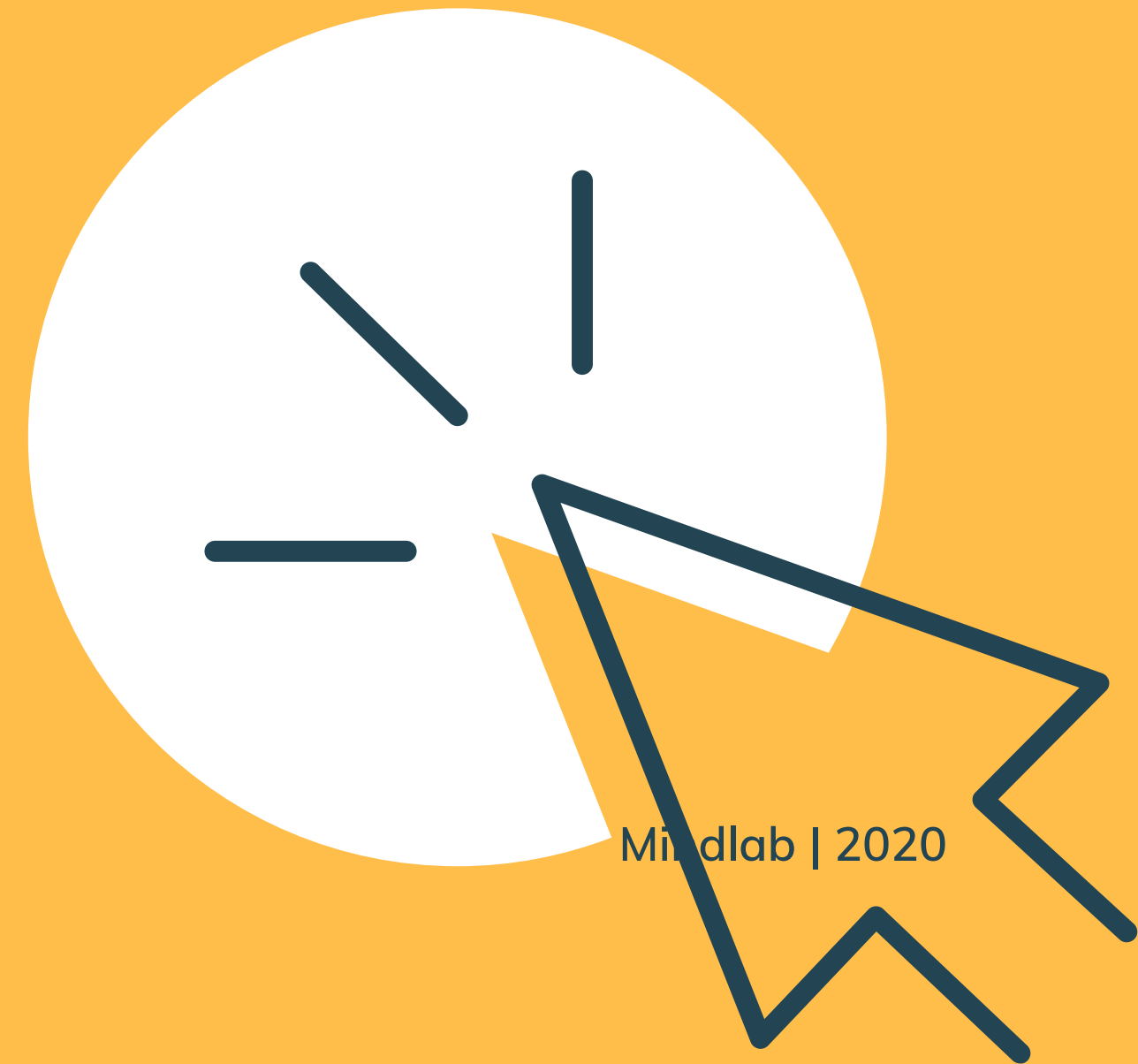
# HOW DOES IT WORK?

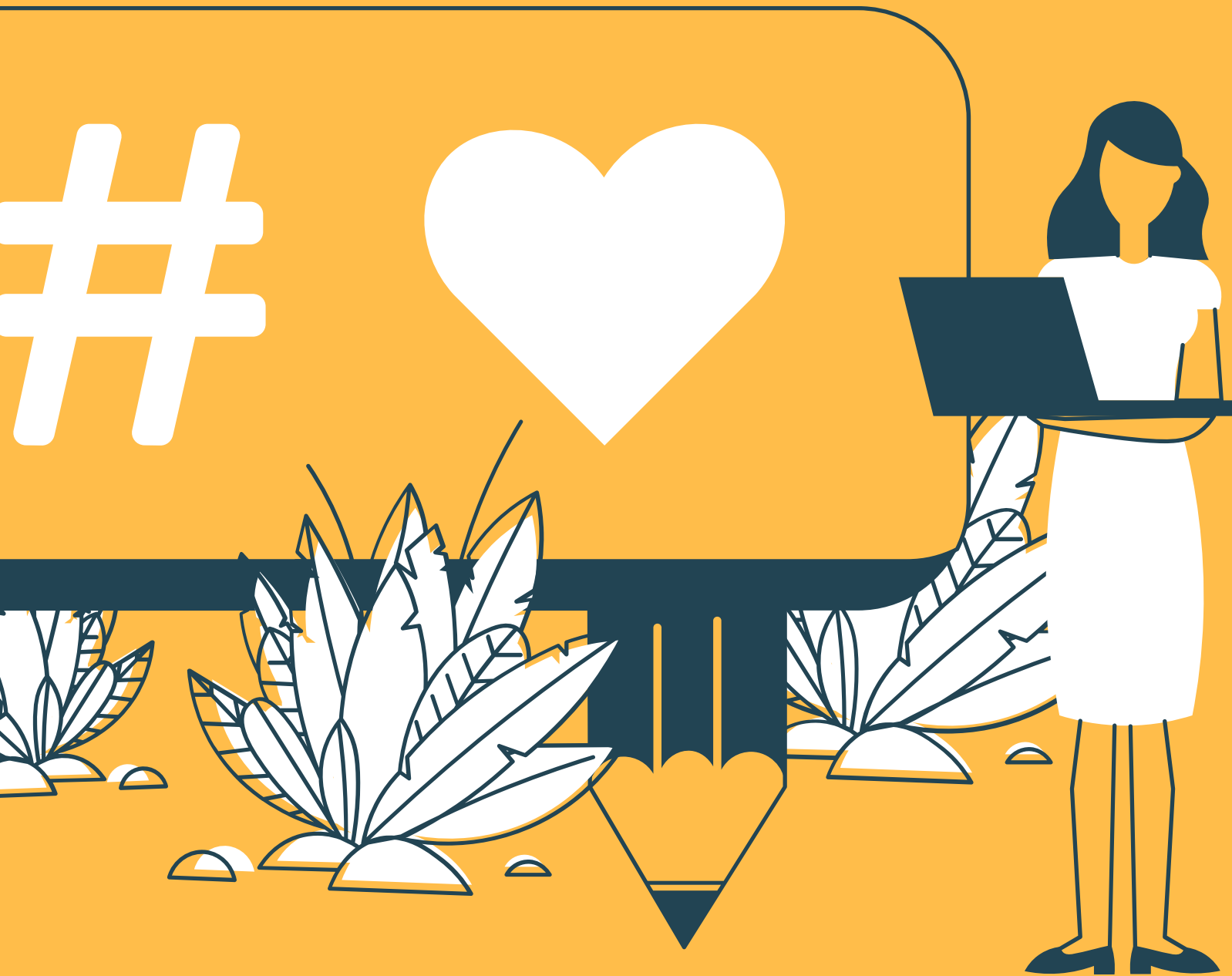


# FIRST THINGS FIRST



Use **Google Chrome**  
as default browser



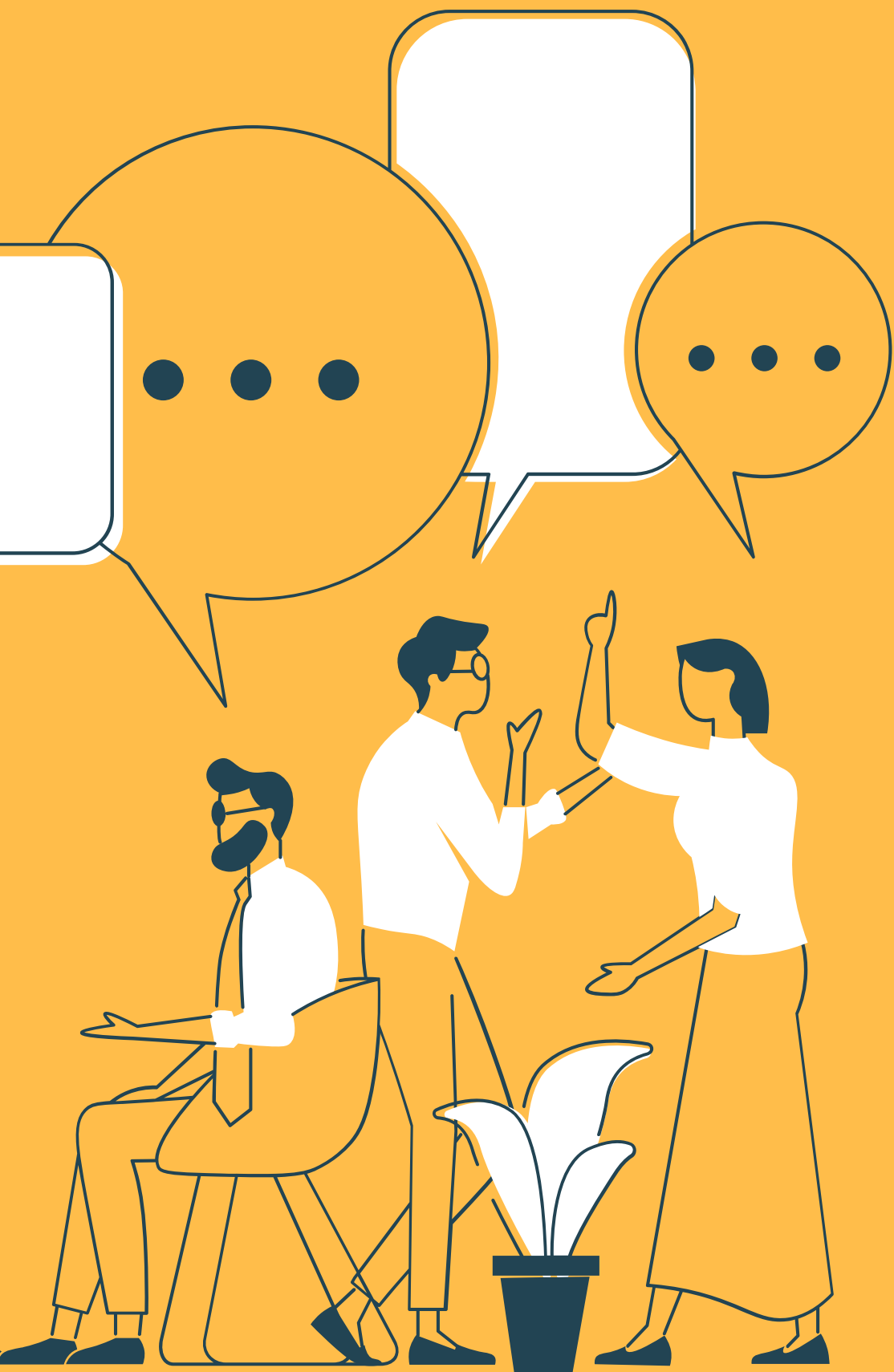


## Step 1: Create an account

You need a personal and valid email address

## Step 2: Log in to your account

## Step 3: Browse through the programs



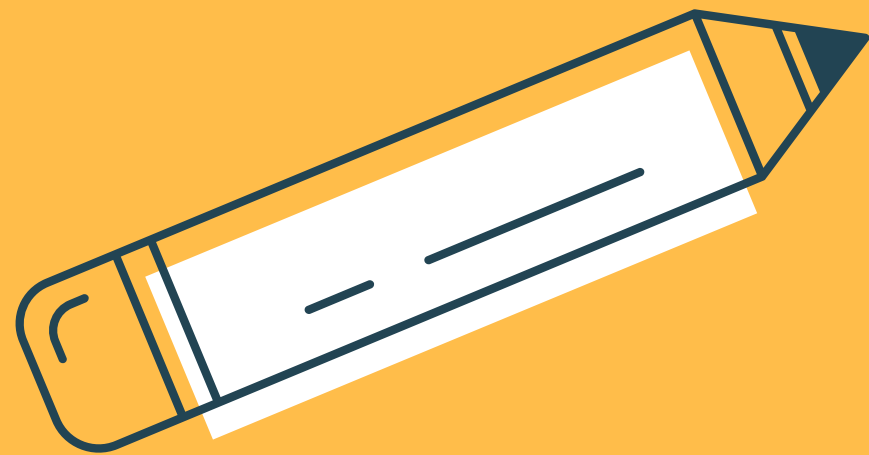
# ACCESS FOR EMPLOYEES

Are you offered access to Mindlab by your employer? Then you will have to use your "company code" after you've logged in. This code will be sent to you by e-mail from your HR service.

After you have created an account on the Mindlab platform, you can enter the company code on the homepage using the field "company access". As soon as you have done this, you can access the programs.



# ONLINE LEARNING



Walk through the program at your own pace. You can pause and resume at any time. Above all, choose a pace that feels comfortable and pleasant for you.

It is important that you “practice” enough in between lessons and give yourself time to process the information. The lessons remain available. So you can read and reread them multiple times. In fact, we recommend this.

# TOOLBOX

Your toolbox is your personal workspace. Your toolbox consists of 4 parts:

## ***Progress:***

You can keep track of your progress. You will see which programs you have started and how far you have already progressed.

Every time you visit the website, you will be offered a mood tracker. You can keep track of your mood using this tool. This tool can help you observe yourself. Would you rather not use this? You can also skip it.



# TOOLBOX

## *Tests*

In the toolbox you can find several validated psychological tests. It can give you a sense of the seriousness of your complaints.

The tests are not an indication of whether or not you should enter a program, as they can be of use to everyone. The tests are a screening tool to refer you to individual and professional guidance if necessary.



# TOOLBOX

## ***My exercises***

In this section you can review all the exercises you've completed throughout the programs. It gives you quick access and a reminder to keep practicing.

## ***Emergency help***

Do you feel the need for urgent support? Unfortunately this can not be provided by Mindlab. However, don't wait to contact a healthcare professional. Here you find the information through targeted referrals.



# START NOW!



Go to [www.mindlab.be](http://www.mindlab.be) and create an account

[Click here](#)

# QUESTIONS OR SUGGESTIONS?

We would like to know! As start-up we are open to all kinds of feedback.

## **Email**

[info@mindlab.be](mailto:info@mindlab.be)

## **Website**

[www.mindlab.be](http://www.mindlab.be)

