

Wellbeing support in your pocket

Clearhead is an online mental health and wellbeing platform. You can access Clearhead through our website or mobile app, helping you to keep a therapist in your pocket at all times.

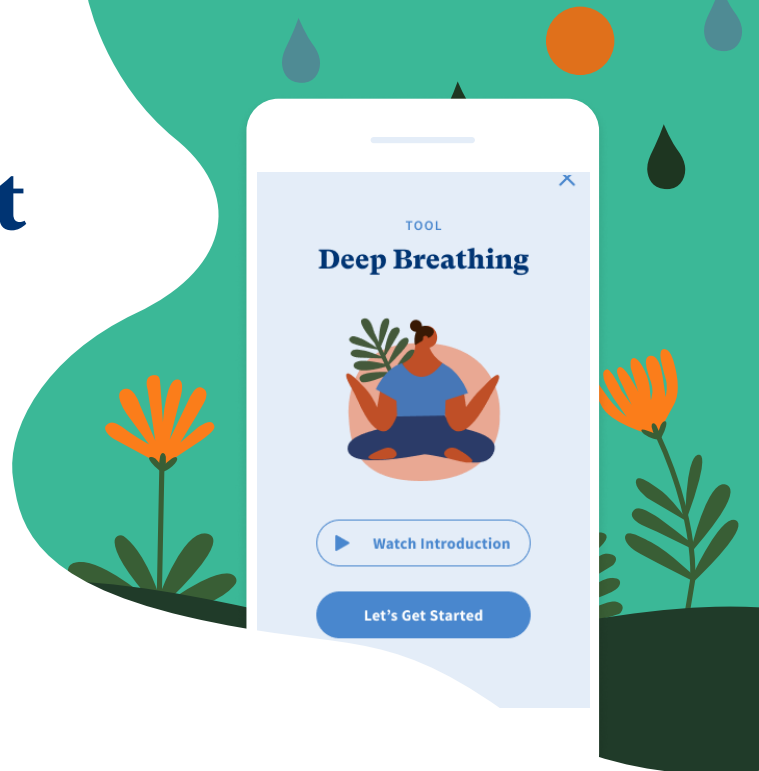
Understand yourself on a deeper level with the Mood Journal.

A place for regular reflection that helps you to build self-awareness and find links between your environment and your mood. By focusing on activities that benefit your overall wellbeing, the Mood Journal can help you to recognise patterns and take control of your happiness.

Chat to the Digital Wellbeing Assistant to better understand your challenges.

Our Digital Wellbeing Assistant is powered by smart technology and built by our experienced clinical team. Your Wellbeing Assistant is trained to recognise the areas you need help with, and recommends digital tools designed by experts to confront and overcome these challenges.

Download the Clearhead app or visit nzmii.myclearhead.com



Work through your Guided Wellbeing Journey full of self-help and coping tools.

Be guided every step of the way through your journey of self-discovery. Your Guided Wellbeing Journey is full of self-help tools that will equip you with the skills you need to improve self-awareness and mental resilience.

Book sessions with professional therapists.

Clearhead's online booking system allows you to browse and select therapists, including those with specific expertise. **Through NZMII, you're eligible for free sessions, either online or in person.** All sessions are private and confidential. No identifiable information will be shared with anyone from NZMII. You can also seek therapy for any reason, it doesn't need to be about work.