

ginger

Train the trainer

Ginger offers on-demand mental health support, day or night.



Your mental
health matters
and we care
about yours.

We all have times when we feel down, stressed, or frightened. And while we know they are part of life, they can still impact our daily lives.

Your feelings – whatever they may be – are valid and it's ok to feel unsettled. **You're *not* alone.**

We all face life challenges

Whether you're feeling anxious, having trouble getting work done, or just haven't felt like yourself in the last few weeks and want someone to talk to...

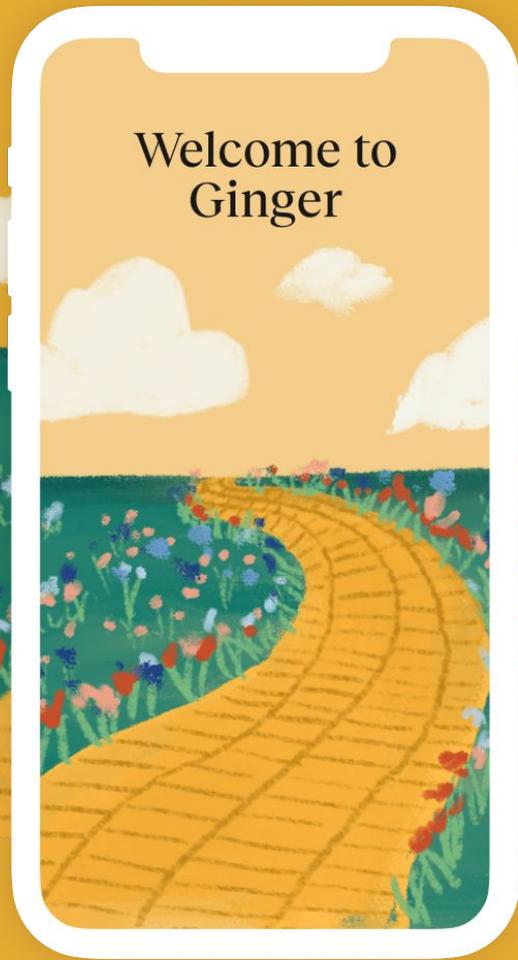
Ginger is here to help you and your loved ones take the first step toward better mental health.



WHAT GINGER IS

In-the-moment care for every emotion.

Whether you could use a quick check-in with a coach, regular treatment for ongoing depression, or self-care strategies to practice on your own time, Ginger provides convenient, affordable, and private mental healthcare for every moment.



Members love Ginger

“

My therapist has helped me **focus on myself & build confidence in the next stage of my life.**

It's been helpful to have a cheerleader. Especially when you're going through a divorce, the pandemic, and you live across the country from your family.

GINGER MEMBER

Q1-2021 Survey

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I'm grateful for **my coach's help.**

Breaking inertia is very hard for me, especially at the present moment. I struggle to ask for help, but I've barely had to ask, and I'm already taking small steps forward.

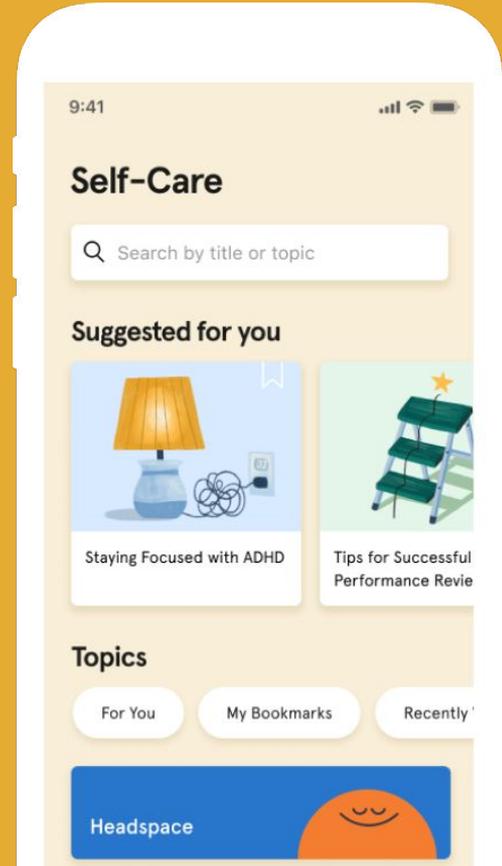
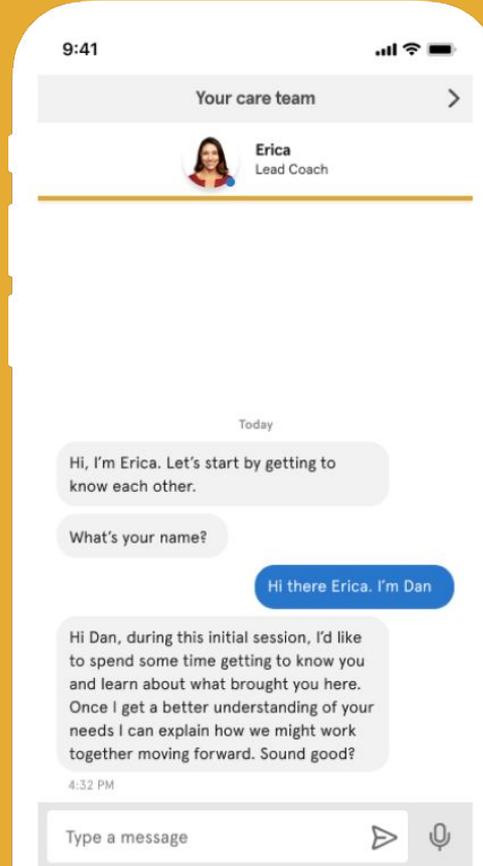
GINGER MEMBER

Q2-2021 Survey

Coaching support

Immediate, real-time conversations

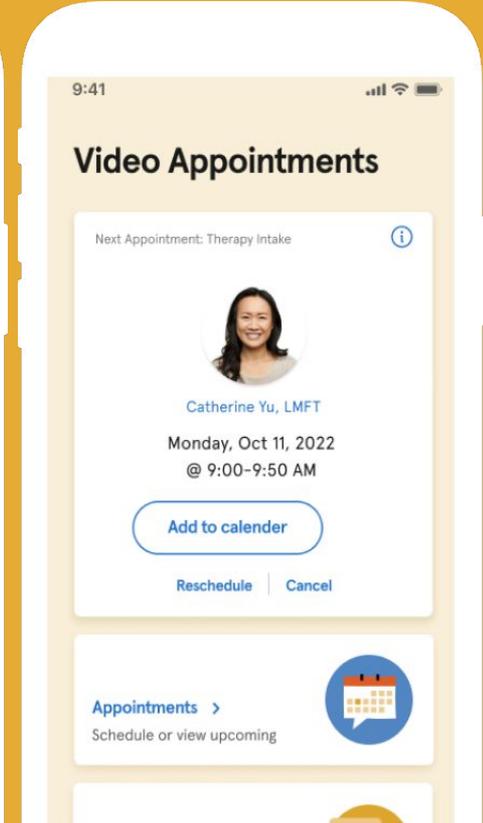
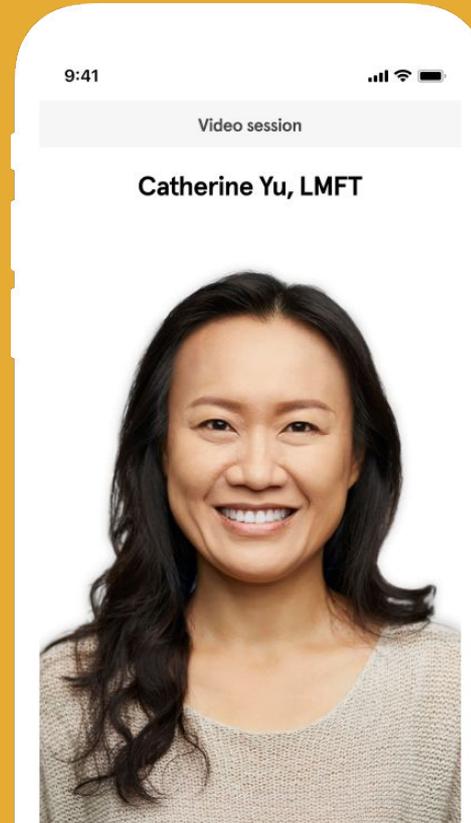
Chat live with a coach 24/7/365
and practice or learn new skills
with Ginger's self-care library—all
through your smartphone and **at**
no cost to you.



Therapy & Psychiatry

Available on weekends & evenings

Private video sessions with a licensed therapist or psychiatrist are covered and delivered through the privacy of your smartphone.



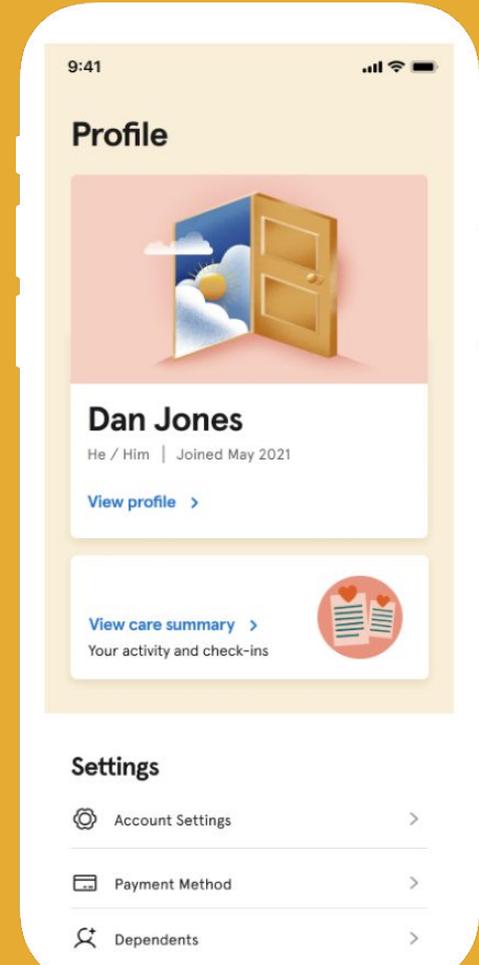
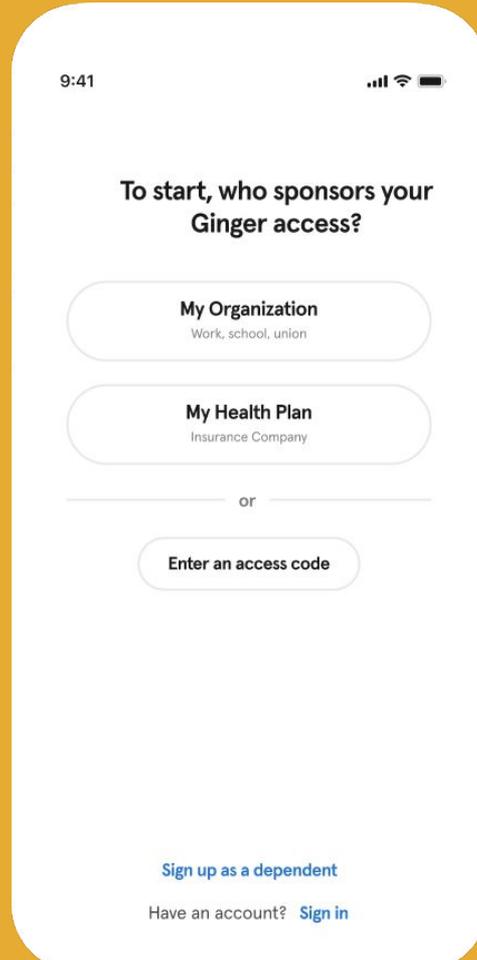
Adult dependents

Your dependents (18+) also have access.

Just like you, your dependents have access to the same benefits with Ginger. Dependents get access to Ginger from their own separate account knowing their conversations are confidential.

Dependents can download the app to get started

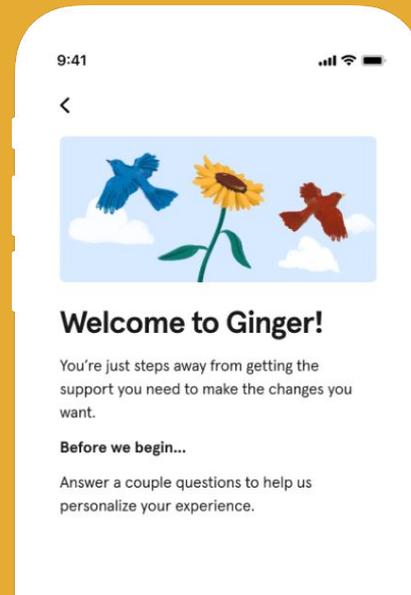
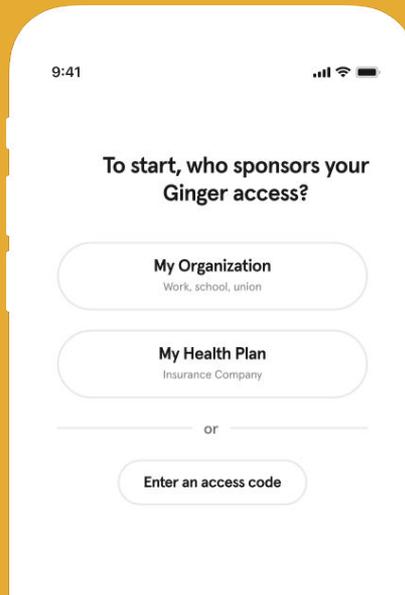
OR you can refer them through the profile tab



If you haven't already,
get started with Ginger.

Get started with Ginger today.

Already a Ginger member? Schedule a chat with your Ginger coach today!



Scan the QR code using your smartphone or

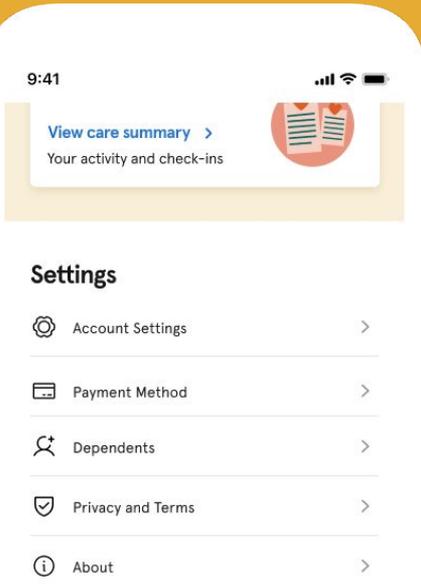
Search for the **Ginger Emotional Support app**.

For **employers and students**, tap "My Organization." For **health plan members**, tap "My Health Plan."

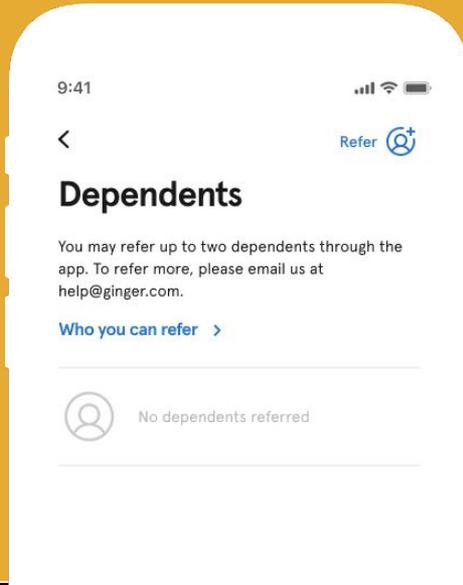
Fill in your details and you're all set to **start chatting** with your coach!

questions? Email help@ginger.com

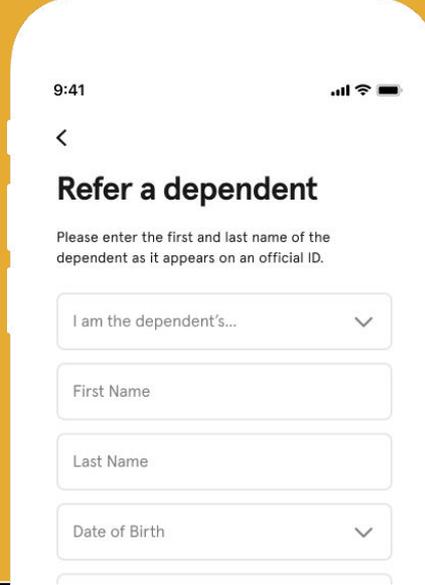
Make Ginger a *family thing*! Invite a dependent.



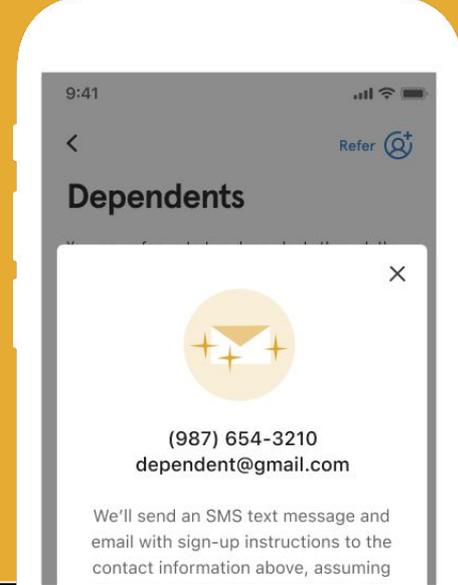
Tap "Profile" and "Dependents"



Tap "Refer a dependent"



Fill out your dependent's details



That's it! Ask them to check their email.

questions? Email help@ginger.com



Coaching isn't for me!
Coaching is only for those
struggling with mental
health issues, right?

False

Anyone can benefit from coaching! Coaches provide support for everyday challenges. They can help you navigate work-related issues, create a personal growth plan, build a routine to get a better night's sleep, or just keep you accountable so you can achieve your goal.



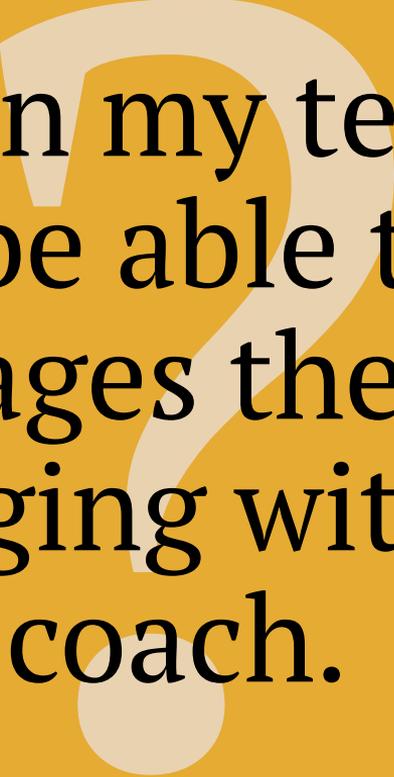
Ginger is only
available
in English.

Falso.

Ginger también está disponible en Español para adultos con al menos 18 años de edad.

False.

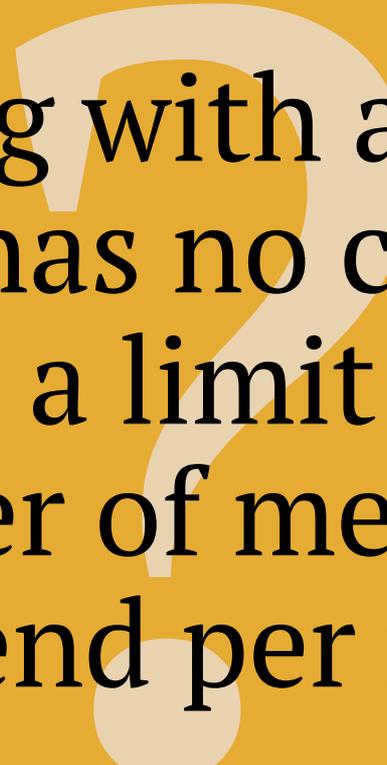
Ginger is also available in Spanish for adults ages 18 and older.



So... when my teen signs up, I will be able to see the messages they are exchanging with their coach.

False

Ginger coaching is private and confidential – even for adolescents. Parents or guardians will be able to see when their child has chatted with a coach, but not the content of their chats.



Chatting with a Ginger coach has no cost but there's a limit on the number of messages I can send per month.

False

Your employer providing Ginger coaching services at no cost to you and your dependents – as long as they're 18+ years and enrolled in a medical plan. You can chat with a coach in real time, regardless of where you are, and for as long as you need.



I can text my coach
at 3AM about that one
thing that has been
bugging me all week.

True

Ginger coaches are available 24/7 from anywhere you are through your smartphone. Whether you're in bed at 3 am or on your lunch break at noon, your care team is there for you.



Wait...
The coach I am
chatting with at 3 am is
definitely a robot.

False

Not at all. **Ginger coaches (psychiatrist and therapists too) are real humans** who have graduate degrees in psychology-related fields and/or a coaching certification. Each thoughtfully vetted to provide high-quality support.



Because my employer is offering Ginger, they (and my manager) can see when I sign up and my conversations.

False

Ginger does not share individual service usage, conversations, or other personal information with your employer (or your manager). Information exchanged with your Ginger care team is confidential between you and them.

Your questions are
welcome!

have more questions? Email help@ginger.com

ginger

Thank you.

Looking for more content and
resources? Sign up for the Ginger
Journal ginger.app.link/GingerJournal

