

# Support your child's mental health through play.



With GreenShield Children's mental health you have access to Mightier, a game-based mental health program built for kids. Mightier is clinically validated, helping all children to explore their emotions and build coping skills through play.




**87%** of families see improvements in 90 days\*


## When kids thrive, families thrive


Here's what to expect

- Caregivers access educational resources, data and program support
- Families explore emotions together with offline crafts and activities
- Children wear a heart rate sensor, and practice calming strategies while playing biofeedback games.

 **Help Improve children's emotional regulation skills**

 **45 minutes a week**

 **At-home mental health program**

 **In app games and offline family activities**

Log into your Greenshield account to access all services.

\*Mightier population caregiver-reported improvement data  
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