



# MENTAL HEALTH IN THE PALM OF YOUR HAND WITH **Rose: Smarter Mental Health**

Through a Rose Health and SABA partnership, all SABA members have complimentary access to resources designed for building mental health resilience on the Rose Health app.

Lawyers are **4x more** susceptible to depression than the average American.

### In-App Wellness Resources Include:

- Daily Tips for Motivation
- Daily Check-Ins
- Journal Entries
- Personalized Insights into Your Mental Health
- Guided Meditations & Live Classes
- Relaxation Videos with Soundscapes
- Content Library Filled with Articles and Videos

### Rose Concierge Care Offers:

- Access to Licensed Certified Social Workers
- Coping Skills
- Nutrition Advice
- Effective Communication Insights
- Healthy Relationships Guidance
- Financial Help
- Career Advice
- Emotional and Self-Management Skills
- Sleep Management

### Check Out Our Live Classes

- Yin Yoga to Release Stress
- Living in Rhythm
- Breathing for Better Sleep
- Reflection Fridays
- Work, Life, and Balance
- Say "Yes" to No: Learn the Benefit of Boundaries
- Managing Work Related Stress
- Journaling Workshop

Rose has been **clinically proven** to improve patient outcomes. In an IRB-approved study, participants saw improvement within 5 weeks of use.

**79%**  
of participants used the Rose app every single day during the 5-week study

**73%**  
improved their depression scores - from severe to moderate or mild depression

**70%**  
improved their anxiety scores - from severe to moderate or mild depression

Adam A, Jain A, Pletnikova A, Bagga R, Vita A, N. Richey L, Gould N, Munshaw S, Misrilall K, Peters M - Use of a Mobile App to Augment Psychotherapy in a Community Psychiatric Clinic: Feasibility and Fidelity Trial | JMIR Form Res 2020;4(7):e17722 | <https://formative.jmir.org/2020/7/e17722> | DOI: 10.2196/17722

Download App




  


## How to Sign Up:

- 1 Scan the QR code to download the app - **Rose: Smarter Mental health**
- 2 Click **"Get Verified"** and enter the 4-digit code: **7222**
- 3 **Check-in** daily to record your mood and journal your thoughts and feelings.
- 4 Use your personalized **insights** for self-reflection.
- 5 Spend a few minutes in our **Content Library** to help improve your mental wellness and resiliency.
- 6 **Meditate** often via our meditations in the app or using our recorded and live meditations on the Rose Health Facebook page.
- 7 If you would like to speak with a member of our Care Team, Access our **Rose Care Concierge** via the "Help-line" button in the app.