

THRIVE: MENTAL WELLBEING

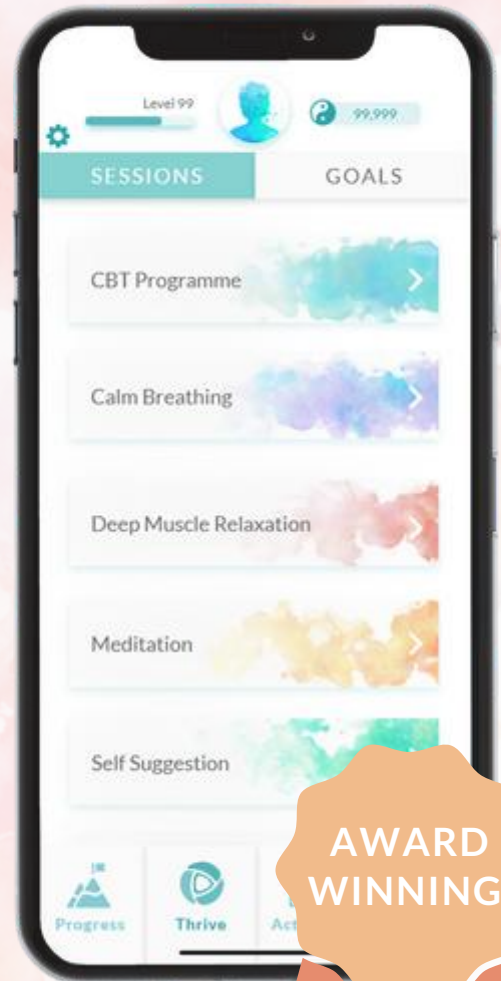
Your **NEW** clinically effective mental wellbeing app

WHAT IS IT?

Sometimes we can all feel like things are getting on top of us. That's why we have created **Thrive: Mental Wellbeing**, a clinically effective mental wellbeing app for employees to build resilience against stress, anxiety and depression.



An effective tool for the prevention, screening and management of mental health conditions and stress.



AWARD
WINNING



HOW DOES IT WORK?

Thrive can work in many ways depending on the user. For the best results we recommend you follow the CBT process and unlock sessions one at a time.

You can try some of the relaxation sessions, games or activities and see what works best for you. Training your mind to build resilience against stress and common mental health conditions has never been so easy!

WHAT'S IN THE APP?

- ✓ CBT (Cognitive Behavioural Therapy) programme
- ✓ The ability to seek further support with the touch of a button
- ✓ Over 100+ hours of content including a range of stress-reducing sessions
- ✓ Games to distract your mind - try our 'Wise Words' game (it's harder than you think!)
- ✓ A progress journal tracking your moods, stressors and reminding you of the good days



GET THE HELP YOU NEED

If you would like to speak to one of the Care First counsellors you can do so with the touch of a button, completely confidentially. You can also request a call back if you would prefer.

You may also wish to share your mood meter history and progress with the counsellor, which is a great way of starting a sometimes difficult conversation.

DOWNLOAD NOW!

1. Download **Thrive: Mental Wellbeing** from your Apple or Android app store.
2. Create an account using your email, a password of your choice and the access code **RFC001**
3. Follow the instructions to verify your account
4. Return back to the app, log in and get started!

