

Sometimes we can all feel like things are getting on top of us. That's why **Zurich** have partnered with us to give you exclusive access to **Thrive Mental Wellbeing**.

Empower yourself to sleep better, become more resilient against stress and prevent mental health conditions. You can also use our app to help understand how to support others close to you.

INTRODUCING....

Thrive Mental Wellbeing



The leading digital **mental health provider**.



Supports you to manage **stress, anxiety, depression** and more.



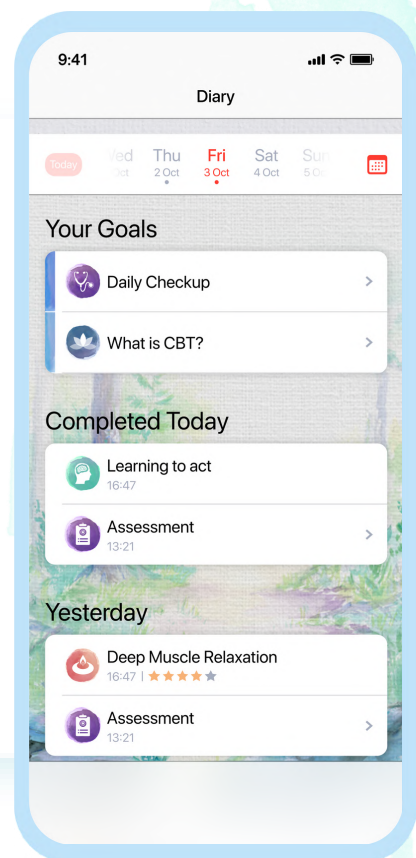
Screens for **anxiety** and **depression** using NHS approved assessments.



Signposts to **external support services** - users can seek immediate help directly from the app.



Personalised data tracking to keep track of your activity.



What's in the app?

- Cognitive Behavioural Therapy (CBT) 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.
- A personalised diary tailored by individual goals and progress.

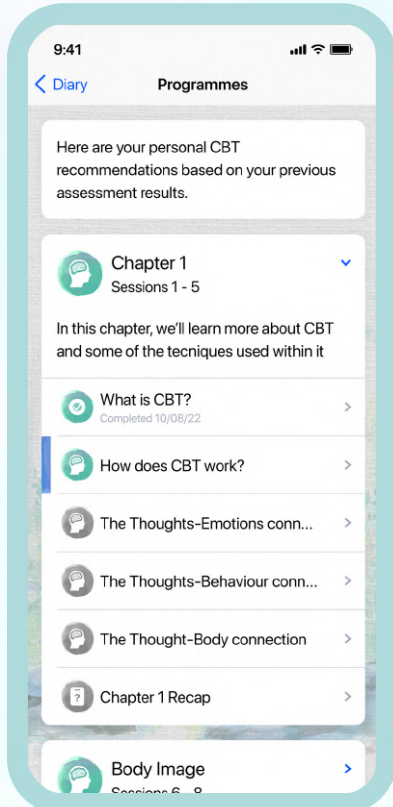


Thrive Mental Wellbeing is available now for all employees!

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The app is fantastic.

I've found it helps keep my **anxiety much calmer** and am able to **manage my stress** so much better. The Thrive Mental Wellbeing app has useful hints and tips to help you, as well as exercises, they are all **very accessible and easy to follow**.



Get the Help You Need

Learn how to build resilience against stress, anxiety and depression at a time and place that suits you.

The **Thrive Mental Wellbeing app** can be beneficial in many ways and allows you to explore what works best for you. We recommend that you follow the CBT programme and unlock sessions as you go.

If you're in need of further support, you can access this through the app.



Download the **Thrive Mental Wellbeing** app by scanning the QR code.

Your exclusive access code:
ZCR01GIP

