

# User Journey



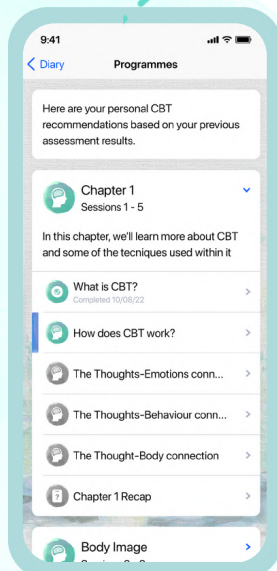
1

Thrive Mental Wellbeing can be downloaded from your Apple or Android app store.

You will need an email address and password of your choice and your exclusive access code **ZCR01GIP** to sign up.

2

You will be guided through an **initial assessment** which will allow the app to identify the support best suited to you.

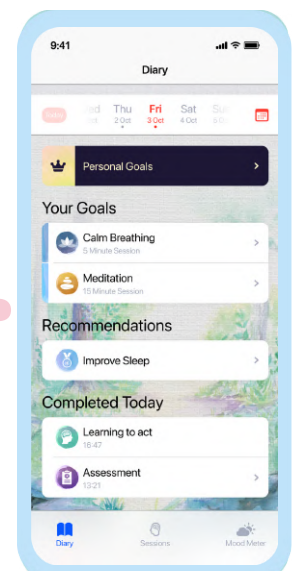


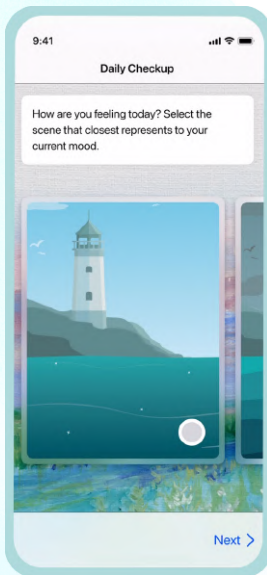
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You will be provided with your own Diary and taken through the **Cognitive Behavioural Therapy (CBT)** programme.

4

By completing the CBT modules you will unlock **new features** and **personalised goals**.



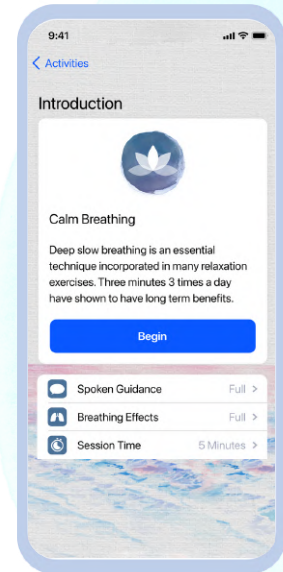


5

Complete regular mood checkups and screen for anxiety and depression using our clinically approved scales.

6

Your Diary evolves with your input, intuitively becoming more personalised based on your own journey.



7

Offers support 24/7 directly through the app - signposts to external support services allowing easy access when you need them.

