

THRIVE: MENTAL WELLBEING In-App Text Coaching Service

Live coaching service available through your Thrive: Mental Wellbeing app.

The live text chat coaching service is available to all employees enabling you to speak to one of our therapists who are all qualified psychologists.

The service is available from **Monday to Friday - 8am to 8pm.**



Supporting Yourself

- ✓ Chat in-app with a therapist at the touch of a button
- ✓ Talk through any stresses, worries or problems (however big or small)
- ✓ All of our therapists are supervised by consultant level clinicians
- ✓ Our therapists are trained in risk assessment and safeguarding
- ✓ Our therapists provide guided self-help which makes all the techniques in the app more effective.

Supporting Others

Have you noticed that someone is struggling? Maybe a colleague or family member and you are unsure how to support them?

Our therapists can provide advice on how you can support your family and friends, such as help with next steps and what actions to take.



Download the **Thrive: Mental Wellbeing** app by scanning the QR code and sign up using your access code.