



Thrive ×



Sometimes we can all feel like things are getting on top of us. That's why **London Borough of Waltham Forest Schools** have partnered with us to give you exclusive access to **Thrive: Mental Wellbeing**, a clinically effective app for the prevention, early detection and management of anxiety, depression and stress.

INTRODUCING....

Thrive: Mental Wellbeing



The leading **NHS approved** mental health app for organisations.



Tackles **common stressors** including sleep, bereavement, work issues and more.



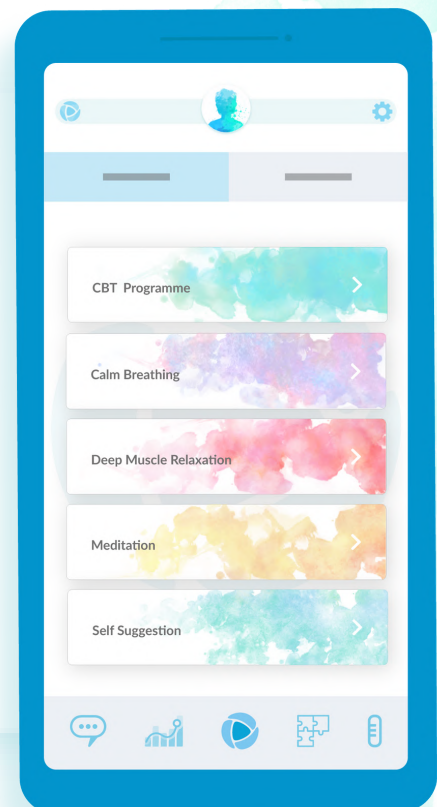
Screens for **anxiety** and **depression** using NHS approved assessments.



Talk to a **clinically trained** therapist through our text based in-app coaching service.



Personalised data tracking within the progress section.



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
- ☒ A progress journal to help you keep track of your moods and stressors



Thrive: Mental Wellbeing is available NOW through your employer!

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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 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

Along with seeking further help, you can speak to one of our wellbeing therapists at the touch of a button.

This is a text chat live service available to you, in which you can talk through any stresses, worries or problems - however big or small.

You can choose to text one of our therapists from **8am to 8pm Monday to Friday**.

DOWNLOAD THE APP NOW

Download the **Thrive: Mental Wellbeing** app from the Apple or Android app store and sign up using your access code.

