



Joined Up Care
Derbyshire



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

Introducing....

THRIVE: MENTAL WELLBEING



The only NHS approved mental health app for corporates.



Tackles **common stressors** such as sleep, bereavements, work issues and more.



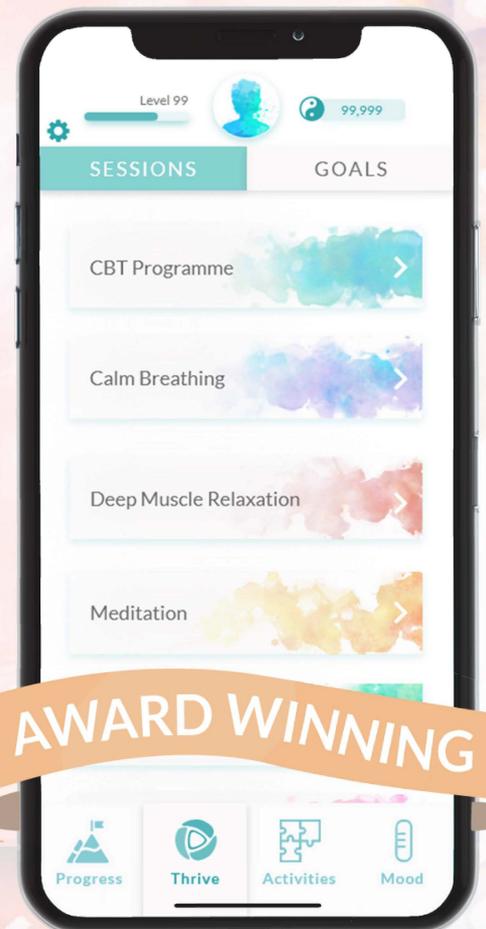
Screens for **anxiety** and **depression** using NHS approved assessments.



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



Personalised data tracking 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

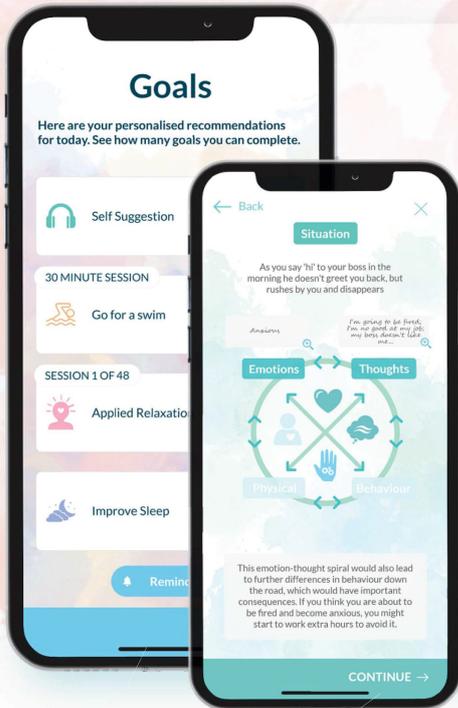


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This app is fantastic. I've found it helps keep my anxiety much **CALMER** and am able to **MANAGE MY STRESS** so much better. The app has useful hints and tips to help you, as well as exercises, they are all very **ACCESSIBLE AND EASY TO FOLLOW**

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Thrive: Mental Wellbeing is available NOW through your employer!



GET THE HELP YOU NEED

Thrive can be beneficial in many ways allowing you to do what works best for you. We recommend that you follow the CBT process and unlock sessions as you go.

Learn how to build resilience against stress, anxiety and depression at a time and place that suits you. If you're in need of further support Thrive allows you to access **this through the app.**

DOWNLOAD NOW

1. Download the Thrive: Mental Wellbeing app from your Apple or Android app store.

2. Sign up using your email address, a password of your choice, and your company access code [REDACTED]. Then follow the steps to confirm your account.

3. Return back to the app, log in and enjoy!



Thrive: Mental Wellbeing

Thrive Therapeutic Software Ltd

OPEN



What's New

[Version History](#)

Version 3.1.6

2mo ago

Bug fixes and performance improvements

Preview

