

Sometimes we can all feel like things are getting on top of us. That's why **The Charity For Civil Servants** 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**.



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



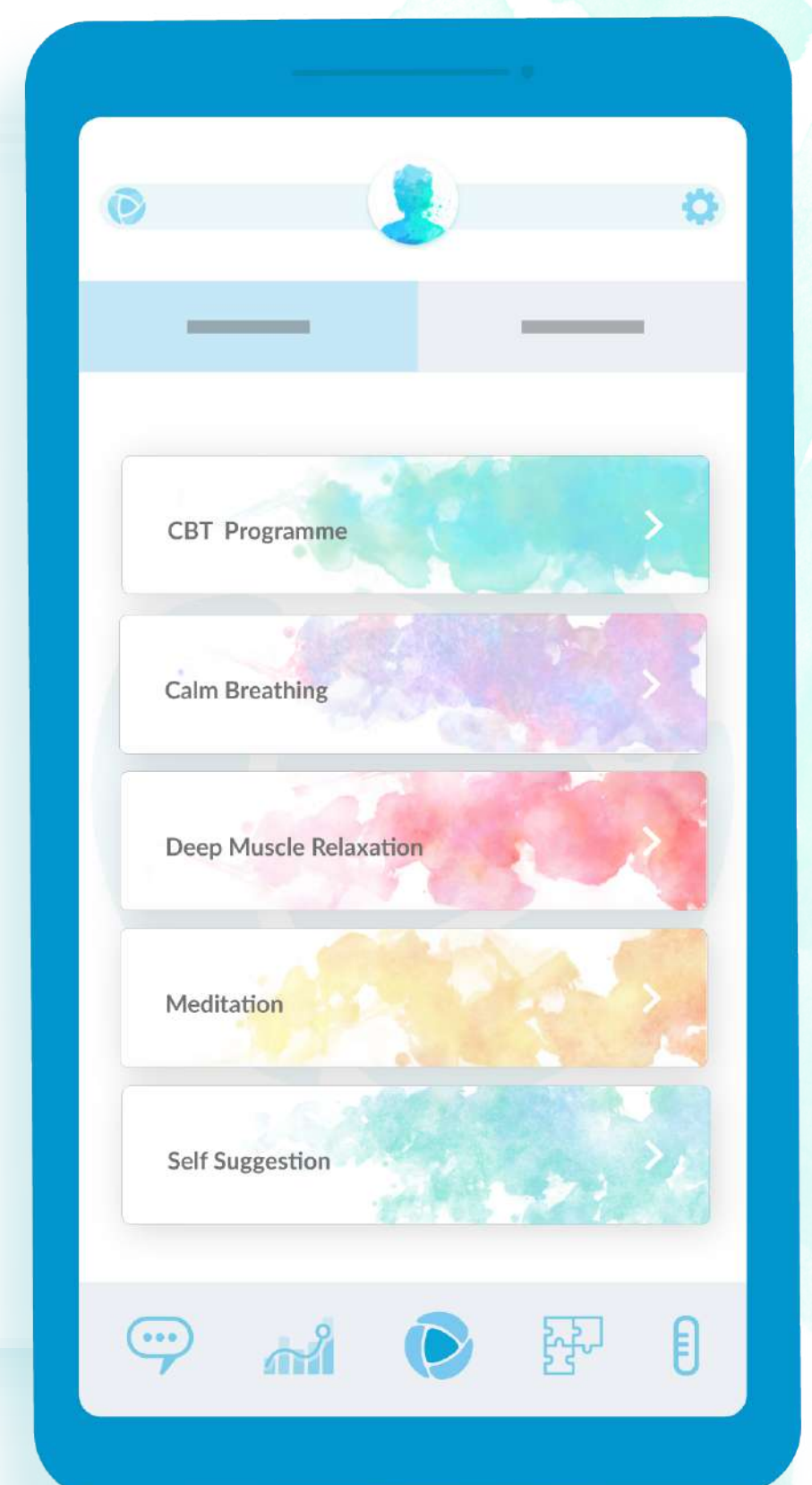
Screens for **anxiety** and **depression** using NHS assessments.



Talk to a **clinically trained** therapist through our in-app therapy service.



**Personalised data tracking** within the progress section.



## 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 progress journal to help you keep track of your moods and stressors

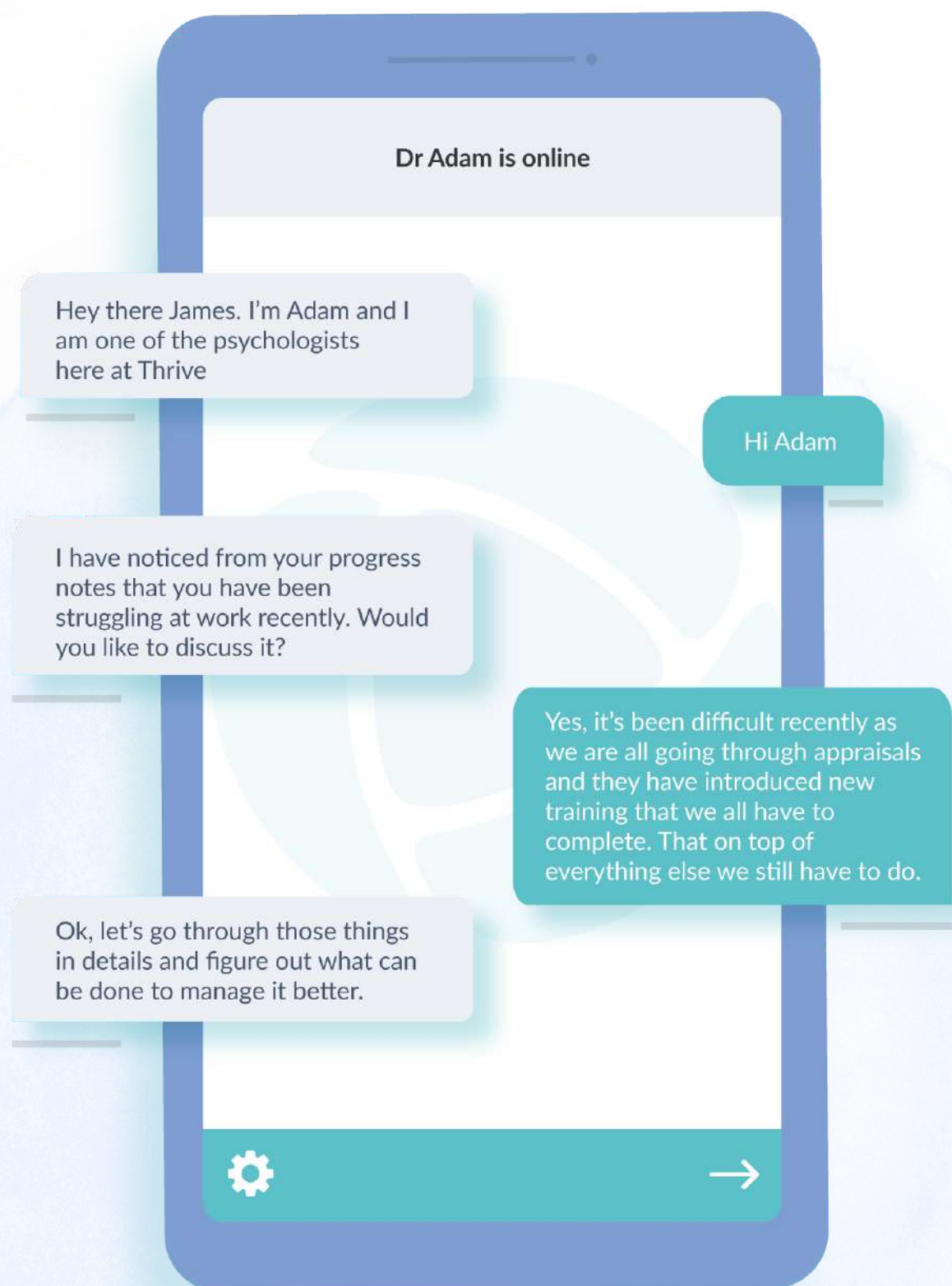


Free access to Thrive: Mental Wellbeing is brought to you by The Charity for Civil Servants - access is provided for all Civil Servants (current and retired) as well as your dependents.

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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 therapists at the touch of a button.

This is a live chat 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**.



The Charity for Civil Servants

**Mental Health & Wellbeing Conference 2022**

**Making a difference together**

Come and join us on **10th October 2022 at 11am** as Thrive: Mental Wellbeing's CEO and Co-Founder, **Dr Andres Fonseca** delivers a **Psychological Trauma Awareness Seminar**.

**For more information, please see your event schedule.**



**DOWNLOAD THE THRIVE: MENTAL WELLBEING APP**

Scan the **QR code** below to find out more information and download the **Thrive: Mental Wellbeing app**.

