



Thrive

health_✓assured

Mobile app support for your
mental health and wellbeing



Thrive: Mental wellbeing

The app helps you monitor your mood and provides relaxation tools to support with stress.

- Recommended and approved by the **NHS**
- Effectively tackles common **mental health issues**
- Helps you **manage stress** effectively
- Uses NHS tools to screen for **anxiety and depression**

Employer code

