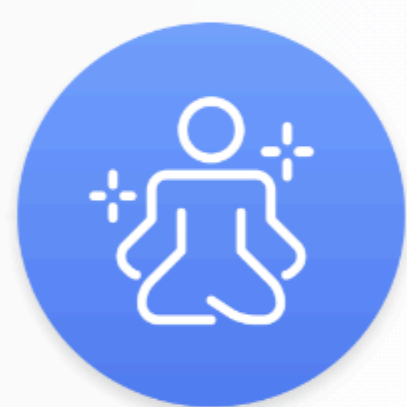




It pays to protect the Mental Health of **your team**

We all have mental health, just like physical health & it is **important** to prioritise it. The **Thrive app** can help you learn new techniques that you can apply in real-life situations to manage your mental health.



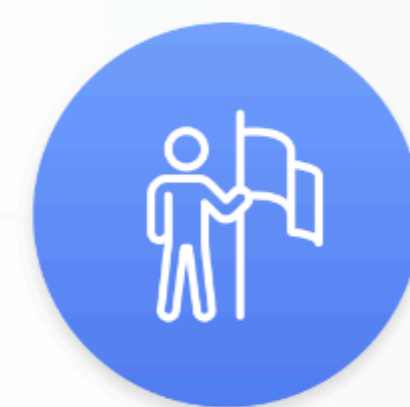
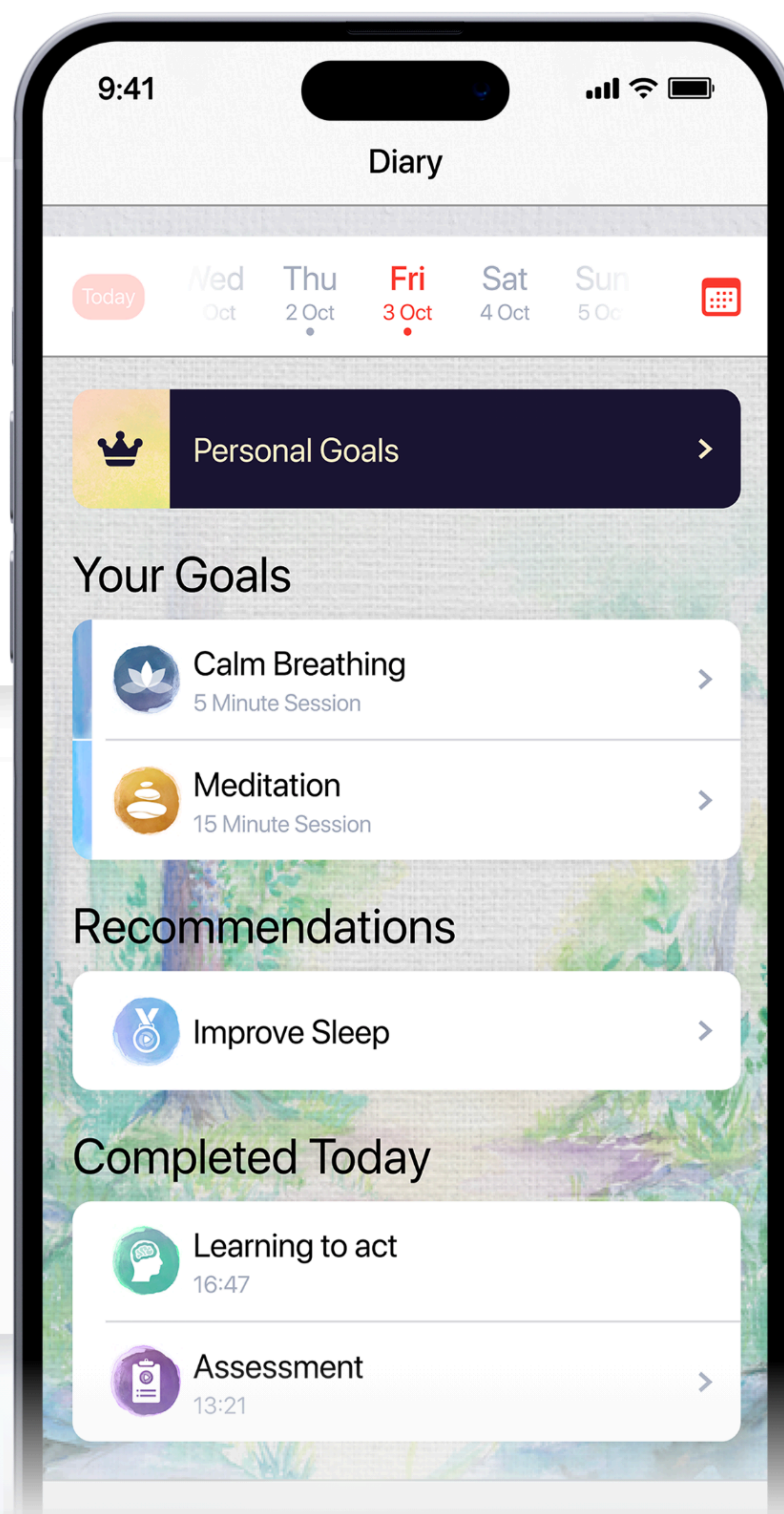
Use Relaxation Techniques

Deep Muscle Relaxation sessions are a great way to release tension and help improve your sleep.



Retrain Negative Thoughts

Our Cognitive Behavioural Therapy (CBT) programme can help you reduce negative thoughts and empower you to react better to stress.



Set Goals

Set personal goals & receive tailored recommendations based on how you use the app.



Access Support

Signposting to the right sources of support for you, including EAP, the NHS and crisis lines for those who need human led support

Download the **Thrive app** today & sign up using your exclusive access code.

Access code

Contact your Zurich representative



Web application also available
webapp.thrive.uk.com