



It's good to thrive

Thrive Mental Wellbeing gives you control of your mental health and access to support when you need it, where you need it, for as long as you need it.

Thrive Mental Wellbeing is available through your employer's Group Income Protection policy and the fully confidential app provides you with simple and effective evidence-based tools to improve your mental health.



The smart way to manage your mental health

Thrive Mental Wellbeing uses clinically validated screening tools and cognitive behavioural therapy methods to screen for mental health conditions, whilst helping you manage specific stress triggers, retrain unhelpful thoughts, and learn helpful relaxation techniques.

Take control of your mental health with Thrive Mental Wellbeing, offering more than 100 hours of evidence-based content to suit your needs.

- ✔ **Computerised cognitive behavioural therapy (cCBT)** - a proactive CBT programme to help you manage specific stressors and retrain unhelpful thoughts which improves resilience and prevents common mental health conditions.
- ✔ **Deep muscle relaxation** - a technique to induce a relaxation response to calm the mind, slow the heart rate and reduce tension.
- ✔ **Calm breathing** - a technique that individuals can learn quickly and practice regularly to reduce stress, anxiety, and panic.
- ✔ **Meditation** - meditation helps you to achieve a mentally clear and emotionally calm and stable state, helpful for removing the overwhelm created by racing thoughts and for letting go of stress and worry.
- ✔ **Self-suggestion** - learn how to create new thought habits to help you deal with stressful situations.
- ✔ **Applied relaxation** - an advanced form of deep muscle relaxation used to learn how to rapidly relax and reduce feelings of stress, panic, or anxiety.

Thrive Mental Wellbeing is a non-contractual benefit Aviva can change or withdraw at any time. It's available to both insured and uninsured employees through your employer's Group Income Protection policy who are permanent residents of Great Britain, Northern Ireland, the Channel Islands and the Isle of Man.



Download the Thrive Mental Wellbeing app from the App Store or Google Play and log in using Access Code:

Mobile data charges may apply. The terms and conditions and the privacy policy can be read in-app before signing up.

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