

A PARENTS GUIDE TO

# THRIVE: MENTAL WELLBEING

Understanding the new mental health app that is supporting the wellbeing of your child.



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# Who are Thrive?

## Experts in mental wellbeing since 2012

We are a social enterprise dedicated to providing people, globally, with the right level of mental health support at the time they need it.

With a combined experience of over 40 years across the NHS and independent sector, Dr Andres Fonseca, consultant psychiatrist, and Dr Adam Huxley, consultant clinical & forensic psychologist, were unsatisfied with the level of impact they could have when it came to preventing mental health conditions. Together they wanted to find a way to make this access scaleable.

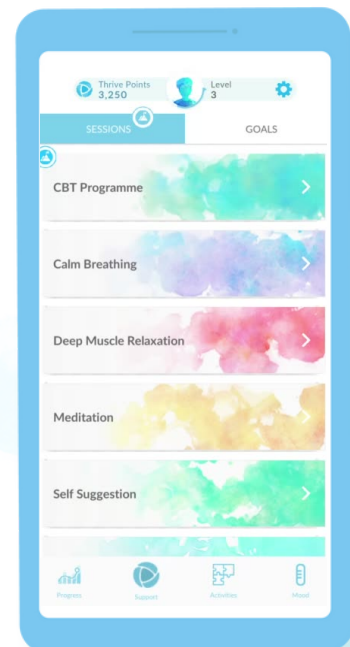
Thrive: Mental Wellbeing is an award-winning mental health app providing digital therapy and support at the touch of a button. We are proud to be trusted by thousands of organisations and support over 3.8 million users worldwide.

Roughly 1 in 6 people aged 5-16 years old are likely to have a mental health issue and we are trying to make more of an impact supporting children and young people.

## The Thrive: Mental Wellbeing app

- ✓ Helps your child to build resilience, manage worries and understand their thoughts
- ✓ Includes tools to improve sleep
- ✓ Helps them by setting in-app goals and activities to complete
- ✓ Recommended and used by the NHS
- ✓ Confidential support services are available within the app for your child

**Thrive: Mental Wellbeing is a FREE app that can be downloaded instantly.**



# How Thrive can help

Our in-app content is based upon years of evidence and research trials.  
With Thrive your child can be empowered to deal with stress, and understand their behaviours.



## Cognitive Behavioural Therapy (CBT)

- Varies from 8-12 minutes
- Better understand your thoughts and emotions
- Anytime

CBT can help us change negative thought patterns, improve communication with others, improve our self-esteem and deal better with worries.



## Deep Muscle Relaxation (DMR)

- Under 7 minutes per session
- Helps you to relax, switch off and sleep better
- Before going to bed or after experiencing stress

DMR can be effective in moments of high stress or nervousness, or for reducing worries. It is also useful to help you switch off at the end of the day and improve sleep.



## Calm Breathing

- 3-5 minutes per session
- Reduce worries and return to a calm state
- Anytime (try when feeling stressed)

Calm breathing can reduce stress, worries and panic. You can learn to do calm breathing wherever you are, without anyone even noticing. Try this before an exam or stressful event.



## Meditation

- 3-5 minutes per session
- Reduce worries and return to a calm state
- Before an event or to wind down

Meditation will help to build your awareness and manage stressful situations or challenges without feeling overwhelmed.



## Self-suggestion

- Under 3 minutes
- Reduce worries and return to a calm state
- Before or during a stressful event

Based on the power of association, this technique allows you to have better emotional control in different situations.



## Applied Relaxation

- 5-15 minutes per session
- Helps you to relax, switch off and sleep better
- When feeling anxious or tense

Learn how to rapidly relax and reduce feelings of stress, panic or anxiety in normal everyday settings.

# Signposting and Support

## Screening positive for anxiety and or depression

Thrive: Mental Wellbeing uses tools to actively screen for anxiety and depression. We have the same questionnaires that your GP would use integrated into our app enabling us to screen for mental health conditions directly. If your child screens positive for anxiety and or depression, they will be appropriately signposted to further support.

We have explained these signposting links below and you can visit their website to find out more information directly.

### YOUNG MINDS

Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.

### ANNA FREUD

Youth Wellbeing directory. There are many ways to find the information or support you are looking for. You can search by postcode or area, by name of service or by issue or topic.

### SAMARITANS

A 24/7 helpline allowing your child to speak to someone about anything at anytime.

### CHILDLINE

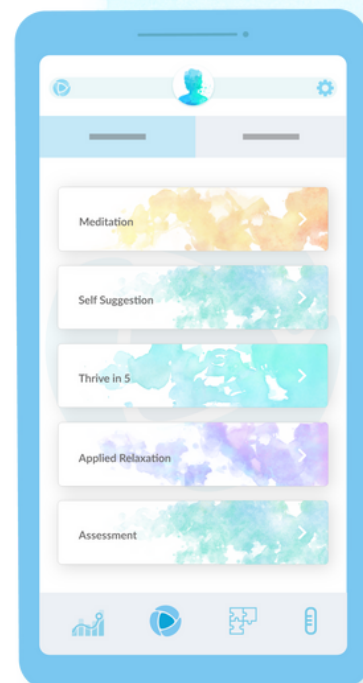
Another free helpline for under 19's. They can confidentially call, chat online or email about any problem big or small.

### EACH

A free and confidential, homophobic, biphobic or transphobic bullying reporting service for children and young people up to 18 years of age.

### KOOTH

A safe and confidential space to share experiences and gain support from our community and qualified professionals. Your child can relate and connect with others by sharing similar experiences, and gain valuable self-care tips and tools from our engaged community and professional team.



Click the support icon to access links to further support.

# Data and Security

We are proud to say that **Thrive: Mental Wellbeing** is completely confidential and secure having many points behind us to back this. We take data, security and privacy very seriously and ensure that your data is safe, secure and confidential to you.

## Thrive: Mental Wellbeing

- ☒ All data is encrypted to a high level and adheres to the security standards listed below
- ☒ Compliant with data protection regulations including GDPR
- ☒ No personal data is stored on devices
- ☒ [ICO registered](#)
- ☒ Compliant with ISO 9001:2015 and 27001:2017
- ☒ Compliant with the NHS IG Toolkit & used by the NHS
- ☒ All data is encrypted at rest on UK servers. Our data encryption translates one form of data into another meaning that unauthorized users cannot decrypt this.

## How is data shared?

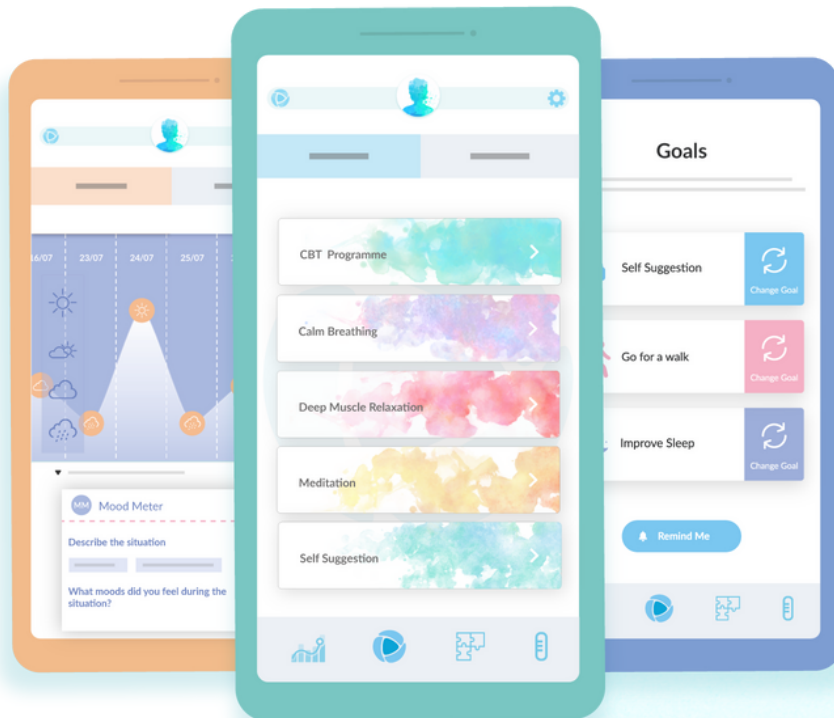
All of the data within the app is completely confidential to the user. When a user seeks support, no data is shared from Thrive. They have an option to share their personal data with the service they've contacted themselves.

Your child will be able to control what data they provide to the third-party services themselves.





# 24/7 mental health support for your child



Should you have any questions or would like to get in touch with the Thrive team, please contact [help@thrive.uk.com](mailto:help@thrive.uk.com)