



Thrive

YMCA

Student download details

The only award winning, NHS approved mental health app for staff and students.

WHAT IS IT?

Sometimes we can all feel like things are getting on top of us. That's why Dr Andres Fonseca, consultant psychiatrist and Dr Adam Huxley, consultant clinical psychologist have created Thrive: Feel Stress Free, a clinically proven mental wellbeing app for school to build resilience against stress, anxiety and depression.

HOW IT WORKS

MOOD METER

Start every day tracking your mood. Based on your results you will be recommended different activities. It records your results so you can look back and see what works for you. The more you use it the more personalised it becomes.

GOAL SYSTEM

Based on the challenges you face, the app will recommend you different goals: An activity in the app for resilience, a physical or social activity and one that is focusing your personal challenges.

THOUGHT TRAINER

Our cognitive behavioural therapy based thought trainer is how we help you to re-frame your negative thoughts. It tracks how you feel, giving recommendations and helping you to see a positive in the negative.

PROGRESS

This feature is designed to help you keep track of everything you do, you can look back at your good and not-so-good days, see how far you have progressed and remind yourself of the activities that worked best for you.





RELAXATION TECHNIQUES

There are four relaxation techniques within the app, calm breathing, meditation, deep muscle relaxation and progressive relaxation. You can try them all out and see what works best for you.

There is a section full of guides which are fully tailored to the information you have entered into your mood meter. These will help you understand and support you through situations such as trouble sleeping, school-work worries, loss of a loved one, weight worries and many more.



WELLBEING GUIDES



WISE WORDS

This feature is a simple word search, but it will train you to look out for the positives. This is one of the most popular activities and it helps you to find the positives even when it's hard. Addictive, fun and helpful for finding a more positive outlook.

We all like a positive, feel good message. That's why the message in a bottle was created. A completely confidential, anonymous social feature, allowing you to send and receive encouraging messages.



MESSAGE IN A BOTTLE



HOW TO REDEEM

1. Visit [Thrive.uk.com/signup](https://thrive.uk.com/signup) and enter your email address, password and coupon code:
NWYP20
2. You will then receive a verification email, click the link in this email to confirm your account.
3. Go to your app store to download the app. Once downloaded you can login and begin to explore.

Please follow the instructions above to create an account first before going to the app. If you accidentally go straight to the app and sign up there, you will need to go to dashboard.feelstressfree.com and log in with the account you have created, click subscriptions, then enter the relevant coupon code and click 'redeem' to apply it to your account. If you have still have issues, please email help@thrive.uk.com quoting the code you are trying to use.