

Alzheimer's Society champions employee wellbeing with Thrive Mental Wellbeing

1 year ago



Alzheimer's Society and Thrive Mental Wellbeing have teamed up to support colleague mental wellbeing in the workplace. A Deloitte study – released in March 2022 – found that mental health had a £53-56 million cost to UK employers between 2021-2022^[1].

Thrive Mental Wellbeing is accessed through an app featuring a wide range of clinically validated and evidence-based sessions including daily check ins, cognitive behavioural therapy courses and journaling, chat and messaging functions for instant support and access to unlimited, proactive and ongoing one-to-one therapy sessions as required by the user.

Founded by two NHS clinicians the app provides mental health support and digital therapy all in one place at the touch of a button. It is unique as it is built around the prevention, early detection and management of mental health conditions, and includes a Triage Therapist reaching out to those who may need help.

Corinne Mills, Director of People, Alzheimer's Society said: "We're delighted to be partnering with Thrive to complement our existing wellbeing offering at the Society. Supporting and enabling positive wellbeing is key to the Society being a great place to work and volunteer. We were pleased to feature as a Sunday Times Best Places to Work in 2023 which recognised our wellbeing offering and, our most recent wellbeing temperature check saw 89% of our people agree with the statement – *I feel that the Society is committed to supporting my wellbeing*. With Thrive we will continue to focus on building on this strong foundation."

Bev Sheppard, Wellbeing Lead, Alzheimer's Society said: "We are so excited for the launch of Thrive, which is an incredible addition to our holistic wellbeing offer. It will offer support alongside our BUPA Employee Assistance Programme, cash health plan, wellbeing support through our Recognition and Reward Society

plus, and our wellbeing working group, where we continue to review and strengthen all aspects of our wellbeing offer.

“This mental wellbeing app not only provides support for all our employees, but also offers (non HR) related support for our managers too, who may find themselves supporting someone who is struggling with their mental health; giving them the option to signpost colleagues to use the daily check in within the app, which will guide them to resources which will help support their mental wellbeing.”

Consultant psychiatrist and co-founder of Thrive Mental Wellbeing Andres Fonseca said: “We’re delighted that Alzheimer’s Society has chosen Thrive to enhance their wellbeing provisions for their teams and we’re delighted that they’ve chosen Thrive to do so. It is vital for colleagues to feel confident that their information will be completely confidential and that they will have support for as long as needed. That is one of the primary goals of our services. The remote nature and easy access to our support will benefit employees across the organisation. We’re delighted to see such commitment and thought leadership from their team and are very much looking forward to working together.”

A Thrive partnership with an International high street bank delivered 1000 therapy sessions via Thrive Mental Wellbeing in 12 months, saving an estimated £1.43m in sick days and staff turnover, with 36% of employees using the app.

[1]

<https://www2.deloitte.com/content/dam/Deloitte/uk/Documents/consultancy/deloitte-uk-mental-health-report-2022.pdf>