

## University College of Estate Management champions employee wellbeing with Thrive Mental Wellbeing

1 year ago



University College of Estate Management (UCEM) in Reading and Thrive Mental Wellbeing will be teaming up to support colleague mental wellbeing in the workplace from May 13. 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's therapy is accessed through an app featuring a wide range of clinically validated and evidence-based sessions including daily check ins, cognitive behavioural therapy course and journaling, chat and messaging function for instant support and access to therapy.

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 stress, based on a therapist reaching out to support every person who is struggling.

Lisa Wilks, Director of HR at UCEM said: "We aim to provide accessible support to employees in all aspects of their lives and our wellbeing policy recognises five pillars – mental, physical, digital, social, and financial wellbeing. We are so excited to launch Thrive as a brand-new mental health and wellbeing benefit to our employees, this Spring. Thrive will become a key part of our current wellbeing offering and complement other existing employee benefits, to make sure support is available in as many ways as possible. We believe Thrive offers early, proactive, and preventative action to empower employees to take control of their own health, by accessing support for as long as is needed. This is especially important to us and something we consider our responsibility as an inclusive employer, given the ever-increasing pressures on

the NHS.”

Consultant psychiatrist and co-founder of Thrive Mental Wellbeing Andres Fonseca said: “We’re delighted that University College of Estate Management has chosen Thrive to enhance their wellbeing provisions for their teams. 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>