Support your employees’ wellbeing

Your people are the heart and soul of your business. This means their health and wellbeing are essential to your success.

Extended periods of working from home, away from colleagues, and being unable to see family and friends face-to-face while managing the pressures of daily life may have had an impact on your employees’ mental health.

As you move forward to create your next normal, it’s important that they feel supported and encouraged to keep a focus on their physical and emotional wellbeing.

Sodexo has partnered with the NHS-approved mental health app, Thrive, to provide the latest psychological tools and techniques to help your employees develop resilience, choice and empowerment in everyday challenges.
State of the art mental wellbeing

Thrive: Mental Wellbeing is a clinically effective app for the prevention, screening and management of anxiety, depression and stress.

Through the app, your employees will have access to:

- Over 100+ hours of content, including a range of stress reducing sessions
- A cognitive behavioural therapy (CBT) programme
- A progress journal to help keep track of moods and stressors
- A live text chat service with a qualified therapist who can give a response within 30 seconds

Learn more about Sodexo’s complete range of services at uk.sodexo.com/reopen-and-rise