









Thrive : MENTAL WELLBEING

NHS24 User Journey - Download the app


14:36   






AA  nhs24.thrive.uk.com 







Enter your details below and select which region you work in to create an account and claim your free access to Thrive.


Passwords must contain at least 12 characters

NHS 24 North & East Regions 

14:38   

 nhs24.thrive.uk.com








Terms of service and end user license agreement ("EULA")




Please read the EULA carefully before agreeing. Please note that your data will be used to: provide you with the service, improve the service, audit the service for efficacy and produce anonymous reports in aggregate to your organisation. We don't pass on your personal data to any organisation whatsoever. Please see below for full details. Please also read our [privacy policy here](#).



This end-user licence agreement (EULA) is a legal agreement between you (End-user or you) and Thrive Therapeutic Software Limited of 15 Warwick Road, Stratford-Upon-Avon, Warwickshire, CV37 6YW (Licensor, us or we) for:


Thrive: Mental Wellbeing application software, any ancillary software, the data supplied with the software, and the associated media (App); and online or electronic documents (Documents).


I agree to the terms of service and end user license agreement


    

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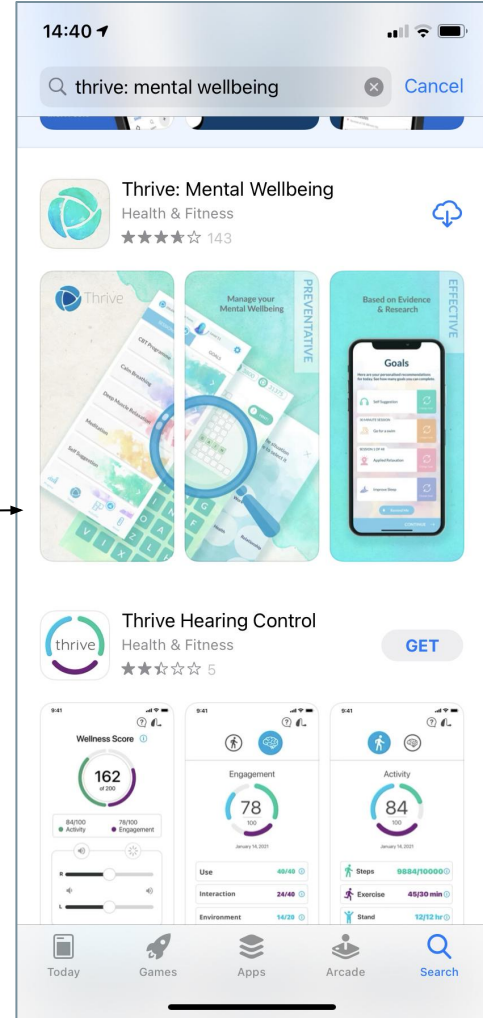
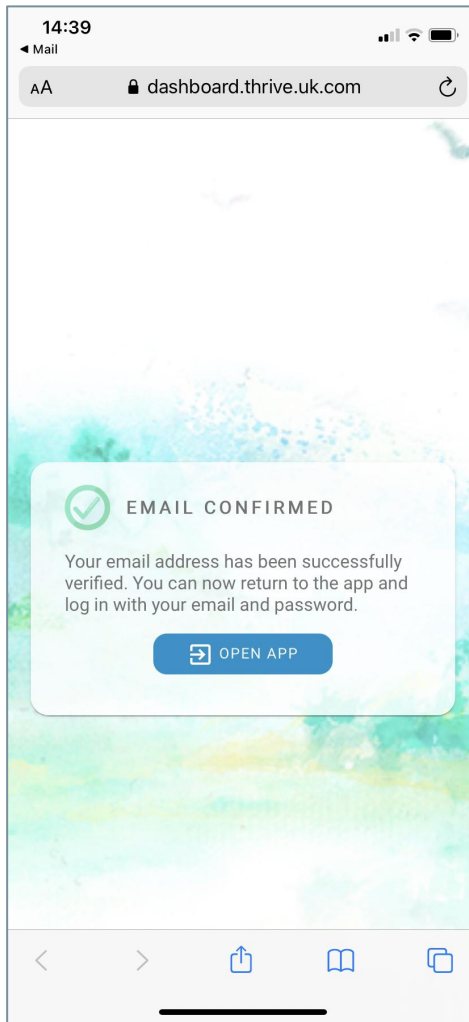
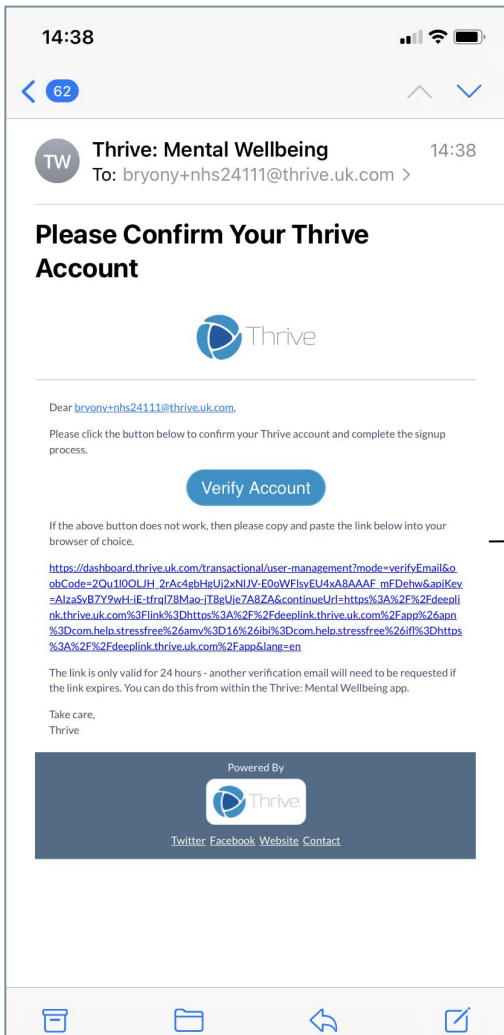




Thanks for registering

You have been sent an email with a link to confirm the details you entered are correct. Please follow the instructions in the email to activate your account.





LOG IN

SIGN UP

Log in with a Thrive account

Email

Password



Remember Me

Trouble signing in?

LOG IN

Log in with another service

v3.13.0.280.L

Click on
login
not sign
up



LOG IN

SIGN UP

Log in with a Thrive account

Thrive recommends that you enable two-factor authentication on your account to secure your data. Would you like to enable it now?

YES

NO



Remember Me

Trouble signing in?

LOG IN

Log in with another service

v3.13.0.280.L

This is the user journey for selecting **NO** to the 2 factor authentication



Powered by



13.3 MB / 38.4 MB


v3.13.0.280.L.T
++G028TSBESTWOOD3XZA


Thrive Points 0  Level 1 


SESSIONS 

GOALS



CBT Programme 

Calm Breathing 

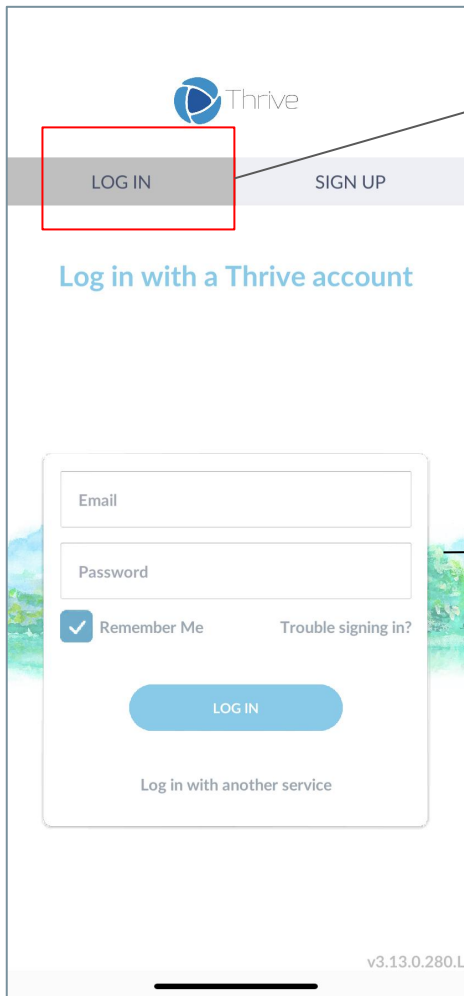
Deep Muscle Relaxation 

Meditation 

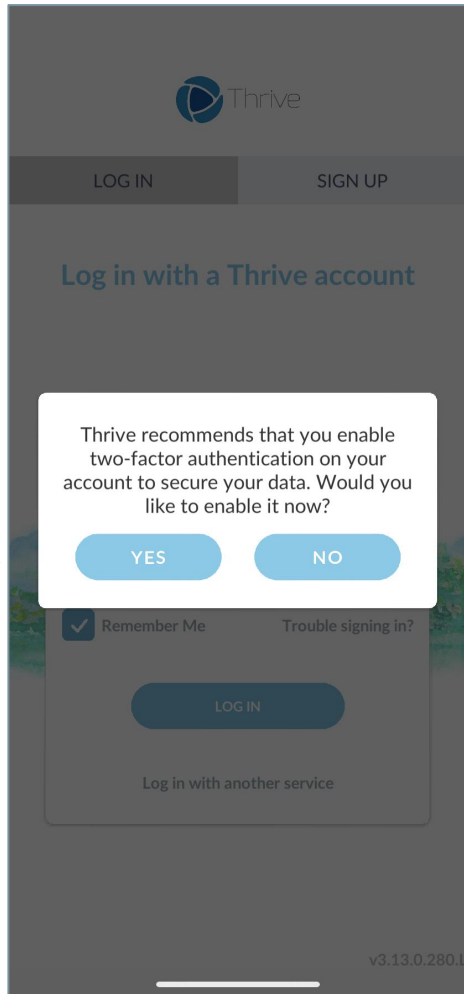
Welcome to Thrive. Here you will find many features to empower you to deal with the challenges of everyday life. It includes different techniques proven to help people achieve their goals and manage stress. The app can also help people who may be affected by depression, anxiety and related conditions.

Progress 

[NEXT](#)



Click on
login



This is the
user journey
for selecting
YES to the 2
factor
authentication

