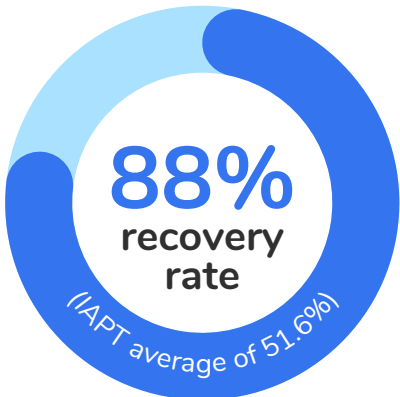


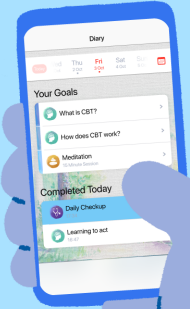
# Corporate Social Responsibility Impact Report for 2022

There are many things we are proud of when it comes to our mental healthcare service. From providing accessible support to individuals with our app and digital therapy, to our comprehensive webinars that educate and start important conversations, to working closely with our customers to understand their pain points and help them create a happy, healthy workforce. Throughout the year, user testimonials and feedback through our therapists reminds us daily why we do what we do. This annual impact report allows us to see where and how our support has made a difference. Although stigma is still prevalent, we are proud to be bringing mental health to the forefront of workplace conversations.

- Andres Fonseca, Co-founder and CEO, Thrive Mental Wellbeing



## Thrive Mental Wellbeing impact data



**54%**  
with access to the Thrive Mental Wellbeing app sought further help

**83%**  
with access to the app and therapy sought further help



**93,761**  
Assessments completed



**89,488**  
CBT sessions completed



**14,654**  
Meditation sessions completed



**216,688**  
Messages sent to therapists



**23,054**  
Signposting links clicked



**79,424**  
Goals completed



**94%** session enjoyment rate



I cannot recommend Thrive Mental Wellbeing highly enough. It has changed my life and my outlook on it.

It's been very worthwhile. I can manage my emotions and stop negative thoughts more effectively.

### DIGITAL THERAPY



**57,000**  
work days saved in absence mitigation



**£7.5m**  
saved



**1 minute  
22 seconds**

median therapist response time



Therapy sessions have been really helpful with helping my anxiety.

I feel like my life has completely turned around and I am a happier and healthier version of myself.

**8,864**

hours of therapy delivered over the year

### WEBINARS

**7,000**

webinar registrations

### YOUTUBE CHANNEL

**2,700**

total video views