

SchoolMint Thrive

Adaptive Mental Health
Training & Support for educators.

**Personalized. Proactive.
Confidential. Affordable.**

SchoolMint Thrive is a fully-digital, self-guided Cognitive Behavioral Therapy (CBT) platform. Providing personalized and adaptive mental health training and support for educators struggling with mild to moderate symptoms of stress, anxiety, burnout or depression.



How does Thrive work?

Thrive's guided digital programs are confidential, easy to use and tailored to the user's needs. Developed by leading psychologists, it is designed to help users identify the thoughts that might be making them feel stressed, anxious, or depressed.

Unlike mindfulness and wellness apps, Thrive dives deeper, adapting to changes in a user's life and equips them with the tools and skills they need to improve their mental fitness.



Thrive's self-guided and adaptable framework resonates with educators because it really focuses on changing or building your skills and your thinking."

Dr. Chris Balow
SchoolMint Chief Academic Officer

Why choose Thrive?

SchoolMint Thrive helps users build the knowledge, skills and tools they need to better manage their mental health through routine checkups, exercises, educational videos, guided training sessions, and a peer community.

SchoolMint Thrive:

- Gives teachers the **skills and tools** necessary to proactively manage stress, anxiety and burnout in a confidential and highly affordable manner
- Uses **Cognitive Behavioral Therapy** as a proven approach to mental healthcare through a fully-digital program that's accessible 24x7
- Helps teachers take control of their life and well-being by feeling more **confident, assertive, and decisive**
- Makes it easy to learn and **integrate practical strategies** into an educator's daily life so they can get their resilience back on track
- Provides a **preventative approach** to those with mild to moderate symptoms and meet them where they're at on the mental health continuum.

Learn more about Thrive at
SchoolMint.com/SchoolMintThrive

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