



cbtclinics

TRANSFORMING PSYCHOLOGICAL HEALTHCARE

Spectrum.Life *'Wellbeing'* App in partnership with CBT Clinics

Infectious disease outbreaks like COVID-19 can be scary and may impact our mental and physical wellbeing. We are fully aware of the threat posed by the COVID-19 and how this may cause concern for you and your family.

During these times while it is important to stay informed it is equally as important to take care of your body by eating healthy well-balanced meals, exercising regularly and getting the recommended minimum amount of sleep. In addition, we must make our Mental Health a priority during these times. Our *'Wellbeing'* app supports you in managing this.

How can this app benefit your wellbeing?

CBT Clinics in partnership with Spectrum.Life gives you access to hours of wellbeing content related to sleep, mental health, fitness and nutrition among other topics. The release of information will be staggered over the coming weeks.

Some examples below:

- Staying Well during COVID-19
- Home HIIT Class
- Home Yoga Class
- Home Mindfulness Class
- Home Movement Class
- Setting Up Your Remote Desk

All of the above will be delivered by leading experts in their areas, who in addition will be participating in a twice weekly podcast feature in which we'll chat with experts on parenting, ergonomics, sleep, finance, general health, mental health, fitness, virology, remote working and more



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How do I register to use this service?

Download the Spectrum.Life app using the links below. Once successfully downloaded click on '**New here? Sign up**' to register using organisation code **0leQBssb**.



Download on the
App Store



GET IT ON
Google Play

The app is available for download on Android and IOS devices. See minimum devices compatibility before downloading. The services in this app are not a direct replacement for EAP, mental health or emergency treatment and we would always advise if you have serious immediate concerns about you your mental or physical health you seek advice from your local emergency services.

Who are CBT Clinics?

CBT Clinics provide and arrange various clinically evidence based mental health treatments such as CBT, counselling or EMDR within the UK. Using multiple channels such as Face to Face, Home or telephone to cater to patient choice and convenience.

Any treatment requested or arranged directly with CBT Clinics is on a self-fund basis with further details on request and is not included in the FREE Specrum.Life app service.

Want to know more about CBT Clinics?

Visit our website <https://www.cbtclinics.co.uk/contact/> from here you can call, email or request a call back if more convenient.