

Rightsteps



Wellbeing Guide

Supporting employee health and wellbeing with Rightsteps

Our mission at Rightsteps is to make workplaces safer, happier and healthier.

We help organisations create working environments that prioritise employee mental health and wellbeing, where employees feel safe and valued.

Rightsteps Wellbeing is a 24/7 on demand, self-guided, online mental health and wellbeing platform which provides you with access to evidence based, clinically validated mental health and wellbeing education and support.

Our content is created by psychologists, backed by the National Institute of Clinical Excellence, constantly updated and based on the latest independent research.

Rightsteps Wellbeing covers 4 areas of mental wellbeing: Mind, Body, Behaviour and Financial wellbeing.

Find out more section contains latest advice on a range of Mental Health and Wellbeing topics. You can learn more on the topic of interest & access helpful guides and tips.

Bitesize section features short interventions, designed to be accessed on a mobile device and provides simple techniques for behavioural change.

Wellbeing sessions, or self-guided Cognitive Behavioural Therapy, give you access to self-guided therapy. Each Wellbeing session topic will take you around 6 to 8 weeks to work through, and will provide you with the knowledge and skills to make long lasting behavioural change in your life.



Watch a video about how Rightsteps Wellbeing works here:

<https://www.rightsteps.co.uk/rightsteps-wellbeing.html>

Find out more:



0161 238 5264



www.rightsteps.co.uk



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