

## 07. Post-Launch EDM: Clinical

**Send date:** One week after Intellect Launch Webinar/Event

**How to use:** Make a copy of the editable template or copy the text below, and attach the provided image as an email banner. Edit the text in red and switch to black once done. Send through email to your whole organisation.

**Subject line:** Need Some Support? Clinical Can Help.

**Images:** [Clinical Email Banner \(editable to add code\)](#) and [Image](#)

**Clinical Guide:** [Clinical Guide \(Do not edit\)](#)

**Editable Template:** [Google Doc](#)

Hey there, can you relate?

Curious about behaviour patterns?

Going through a bumpy road?

Stuck in habits you want to change?

Looking for a safe space?

Get connected with a professional to get 1:1 support on your...

Past experiences

Behaviour Patterns

Emotional Triggers

...and much more!

• Select "I'm new here" then "With your organisation"

• Select "Continue with SSO"

• Sign up using your work email address

[Greeting],

上周, Intellect这个全新的员工福利正式上线啦! 想知道Intellect怎么帮你吗?

生活中又要应对挑战, 又要管理情绪, 还要追求进步, 有时候真觉得挺难的。

心理咨询给你一个安全、没人评判的地方, 帮你应对生活难题, 让你更能抗压, 对长远的心理健康有好处。

### 🌟 开始心理咨询

通过我们和Intellect的合作, 你可以免费跟自己选的咨询师一对一咨询! 照着上图说明进入Intellect App, 然后看看附带的指南, 就能开始教练辅导啦。

如果你拿不准临床心理咨询适不适合你, 可以看看下面这几点, 了解临床心理咨询能怎么帮你:

## Counselling can benefit anyone and everyone!



Intellect's hand-picked clinicians create a safe, non-judgmental space to help you navigate challenges, build resilience, and enhance your mental wellbeing.



### Explore Your Past

Reflect on past events and experiences to understand how they've shaped your thoughts, behaviours, and emotions.



### Understand Patterns

Identify recurring patterns in your actions or reactions, helping you understand why you may respond the way you do in certain situations.



### Gain Insights Into Your Thoughts And Behaviours

Uncover how your thoughts and feelings influence your actions, enabling you to break unhelpful cycles and make healthier decisions.

[Sign-off]

<Attach Coaching Guide PDF>