

Intellect's Assessments and Rescue Sessions





Available in English, Simplified Chinese, Traditional Chinese, Thai, Vietnamese, Japanese, Korean, Bahasa Indo, Bahasa Melayu

In line with the Q2 theme of Prioritising Care and Awareness, we're wrapping up the first half of the year with a campaign that reminds individuals to check in with themselves and put their wellbeing first with Intellect's Assessments and Rescue Sessions on the platform.


How to use: Copy the text below and attach the image as shown. Edit the text in red and delete the yellow highlighted text. Send over chat (e.g. Teams, Slack, Whatsapp, Telegram etc.) to your whole organisation. You may also include this in your company-wide newsletter.

Suggested send date: 15 June 2026




English

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<p> As we move into the second half of the year, the pace and pressures of the past six months may have built up more than we realise. Let this be a gentle nudge to offload any burdens you've been carrying along the way.</p> <p>If taking care of yourself has taken a backseat, now's the time to put it back into focus. With our wellbeing benefit, Intellect, gauge how you're doing and get immediate and effective relief to reset in any situation.</p> <p>Start by checking in with yourself using the Mental Health Snapshot on the Intellect platform.</p> <p>If you haven't already, get started with Intellect on desktop/ mobile to start booking a coaching/ care/ holistic session.</p> <p> On Web</p> <ol style="list-style-type: none"> 1. Visit app.intellect.co (please hyperlink here) 2. Enter access code CODE*/ Click "Continue with SSO"*** 3. Create your account using your work email address <p> On App</p> <ol style="list-style-type: none"> 1. Select 'I'm new here', then 'With your organisation' 2. Use the code CODE*/ Click "Continue with SSO"*** 3. Sign up using your work email address <p>*please use your organisation's unique access code **for organisations with SSO only</p>	<p>Select either the PNG, PDF, or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version GIF version</p>  <p>The graphic is a vertical blue banner with the Intellect logo at the top. Below the logo, the text reads "Get In-The-Moment Support With Intellect's Rescue Sessions". There are five white rounded rectangular boxes, each containing an illustration and a session title:</p> <ul style="list-style-type: none"> 1. Illustration of a person meditating. Text: "Feel more in control with Countering Anxiety". 2. Illustration of a person with a speech bubble and a green circle. Text: "Stay grounded and bounce back stronger with Criticism Handling". 3. Illustration of a person in a yellow raincoat. Text: "Let go of negative emotions effectively with Overcoming Anger and Frustration". 4. Illustration of a person with a hand on their forehead. Text: "Unpack the cause of your worries with Managing Stress and Feeling Overwhelmed". 5. Illustration of a person with a magnifying glass over their eye. Text: "Rediscover your drive and purpose with Regaining Motivation". <p>At the bottom of the banner, on a yellow background, it says: "Be equipped for every situation. Check out the full library of Rescue Sessions on app.intellect.co."</p>

Simplified Chinese


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<p> 转眼步入下半年，回望过去六个月，那些藏在日常里的忙碌、节奏与压力，早已在不知不觉中悄悄积累。愿以此刻温柔提醒自己：试着卸下一路背负的疲惫与重担，轻装前行。</p> <p>如果这些日子，你总是把照顾自己排在最后，那么从现在起，就把善待自己重新放回生活的第一位。不妨借助我们的心理健康福利平台 Intellect，察觉自己目前的状态，并在需要时获得及时且有效的支持，实现自我调节。</p> <p>先从 Intellect 平台上的“心理健康快照”开始，完成一次坦诚的自我状态检视。</p> <p>如果还没有用过 Intellect，请立即在 桌面/移动设备 上用它来开始预约 辅导、关怀或整体健康 课程。</p> <p> 桌面版</p> <ol style="list-style-type: none">1. 访问 app.intellect.co (please hyperlink here) 并点击“注册”2. 输入访问代码 CODE* / “使用 SSO 登入”**3. 使用工作邮箱创建账户 <p> 移动应用程序</p> <ol style="list-style-type: none">1. 选择“我是新用户”，然后选择“以组织身份加入”2. 输入访问代码 CODE* / 点击“使用 SSO 登入”**3. 使用工作邮箱注册 <p>*请使用贵公司/机构的唯一访问代码 **仅适用于已启用单点登录 (SSO) 的公司/机构</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

Traditional Chinese


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<p> 隨著我們邁入下半年，過去六個月的節奏與壓力，可能比我們意識到的累積得更多。就把這當作一個溫柔的提醒，放下那些一路以來一直背負著的負擔。</p> <p>如果你最近忙到忘了照顧自己，現在正是把「身心健康」重新放回優先順位的最佳時機。透過我們的心理健康福利平台 Intellect，了解自己目前的狀態，並在任何情況下獲得即時且有效的支持，幫助自己重新調整。</p> <p>先從 Intellect 平台上的「心理健康快照」開始，和自己做一次真實的狀態檢查。</p> <p>如果您們還沒有準備好，現在就透過 電腦/手機 使用 Intellect，預約 輔導/關懷/全面 課程吧！</p> <p> 網頁版</p> <ol style="list-style-type: none">1. 瀏覽 app.intellect.co (please hyperlink here) 然後按一下「註冊」2. 輸入登入代碼 CODE* / 點擊「使用 SSO 登入」**3. 使用你的工作電子郵件創建帳戶 <p> App版</p> <ol style="list-style-type: none">1. 選擇「我是新使用者」(I'm new here)，然後選擇「以組織身份」(With your organisation)2. 輸入登入代碼 CODE* / 點擊「使用 SSO 登入」(Continue with SSO)**	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

<p>3. 使用您的工作電子郵件創建帳戶</p> <p>*請使用您所在企業的唯一登入代碼</p> <p>**只限支持單一登入的企業</p>	
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Thai

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<p> เมื่อเราเข้าสู่ครึ่งหลังของปี จังหวะชีวิตและความกดดันจากหกเดือนที่ผ่านมา อาจสะสมมากกว่าที่เราคิดไว้ ขอให้ข้อความนี้เป็นเหมือนคำเตือนที่แสนอ่อนโยน ให้คุณได้ปลดปล่อยภาระที่คุณแบกเอาไว้ตลอดเส้นทางที่ผ่านมา</p> <p>หากการดูแลตัวเองถูกละเลยไปในช่วงที่ผ่านมา ถึงเวลาแล้วที่จะกลับมาให้ความสำคัญกับตัวคุณอีกครั้ง ด้วยสิทธิประโยชน์ด้านสุขภาพจาก Intellect คุณสามารถประเมินสถานะจิตใจ พร้อมรับความช่วยเหลือที่รวดเร็วและเห็นผล เพื่อปรับสมดุลและเริ่มต้นใหม่ได้ในทุกสถานการณ์</p> <p>มาลองเช็กสภาพใจกันก่อนผ่าน ภาพรวมสุขภาพจิต บนแพลตฟอร์ม Intellect</p> <p>หากคุณยังไม่เคยใช้งานมาก่อน คุณสามารถเริ่มใช้งาน Intellect ได้ทั้งบน เดสก์ท็อป/ โนบาย เพื่อเริ่มต้นการจองเซสชัน การโค้ช/การดูแล/แบบองค์รวม</p> <p> ผ่านเว็บไซต์</p> <ol style="list-style-type: none"> 1. เข้าไปที่ app.intellect.co (please hyperlink here) และคลิก "สมัครใช้งาน" 2. ป้อนรหัสสิทธิ์เข้าถึง CODE*/ คลิกที่ "ดำเนินการต่อด้วย SSO"*** 3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสร้างบัญชี <p> ผ่านแอป</p> <ol style="list-style-type: none"> 1. เลือก "ฉันเป็นผู้ใช้ใหม่" (I'm new here) ตามด้วย "เข้าใช้งานด้วยองค์กรของคุณ" (With your organisation) 2. ใช้รหัส CODE*/ คลิกที่ "ดำเนินการต่อด้วย SSO" (Continue with SSO)** 3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสมัครใช้งาน <p>*โปรดใช้รหัสสิทธิ์เข้าถึงขององค์กรของคุณโดยเฉพาะ</p> <p>**สำหรับองค์กรที่ใช้ระบบ SSO เท่านั้น</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version</p> <p>PDF version</p>

Vietnamese

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<p> Bước sang nửa cuối của năm, nhịp độ công việc và áp lực trong sáu tháng vừa qua có thể đã dồn nén nhiều hơn những gì bạn có thể hình dung. Hãy xem đây như một lời nhắc để bạn buông bỏ những điều đã khiến đôi vai bạn trĩu nặng suốt thời gian qua.</p> <p>Nếu việc chăm sóc bản thân thời gian gần đây chưa được ưu tiên đúng mức thì đây chính là lúc bạn đặt điều này thành mối ưu tiên trở lại. Với phúc lợi chăm sóc sức khỏe tinh thần Intellect, bạn có thể nhìn lại trạng thái hiện tại của mình và nhận được sự hỗ trợ kịp thời, hiệu quả để lấy lại cân bằng trong bất kỳ hoàn cảnh nào.</p> <p>Hãy bắt đầu bằng cách tự đánh giá tình trạng của mình thông qua công cụ 'Tổng quan sức khỏe tinh thần' trên nền tảng Intellect.</p> <p>Nếu bạn chưa bắt đầu, hãy truy cập Intellect trên máy tính/ điện thoại để đặt lịch hẹn với chuyên gia khai vấn/ tham vấn hoặc chăm sóc sức khỏe toàn diện ngay hôm nay!</p> <p> Trên máy tính</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version</p> <p>PDF version</p>

<ol style="list-style-type: none"> 1. Truy cập app.intellect.co (please hyperlink here) 2. Nhập mã truy cập CODE* / Nhấn "Continue with SSO" (Tiếp tục với chế độ Đăng nhập một lần (SSO))** 3. Tạo tài khoản bằng email công việc của bạn <p>Trên ứng dụng</p> <ol style="list-style-type: none"> 1. Chọn "I'm new here" (Tôi là người mới), sau đó chọn "With your organisation" (Với tổ chức của bạn) 2. Nhập mã truy cập CODE* / Nhấn "Continue with SSO" (Tiếp tục với chế độ Đăng nhập một lần (SSO))** 3. Đăng ký bằng địa chỉ email công việc của bạn <p>*mã truy cập duy nhất sẽ do tổ chức của bạn cung cấp **áp dụng cho tổ chức dùng SSO</p>	
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Japanese

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<p> 今年の後半に入る今、ここまでの6か月間の出来事やプレッシャーが、自分でも気づかないうちに積み重なっているかもしれません。これを機に、これまで抱えてきた負担を少し手放してみませんか？</p> <p>もし自分自身のケアを後回しにしていたなら、今こそもう一度、自分に意識を向けるタイミングです。ウェルビーイングを支える「Intellect」で、自分の状態を確認し、どんな状況でもすぐに役立つサポートを受けてリセットしていきましょう。</p> <p>まずは Intellect プラットフォームの「メンタルヘルスチェック」で、自分の状態を確認することから始めてみてください。</p> <p>まだIntellectを始めていない方は、デスクトップまたはスマホから コーチング/ケア/ホリスティック セッションをご予約ください。</p> <p>ウェブ版</p> <ol style="list-style-type: none"> 1. app.intellect.coにアクセス (please hyperlink here) そして「続ける」をクリック 2. アクセスコードCODEを入力*/「SSOで続ける」**をクリック 3. 勤務先のメールアドレスを使用してアカウントを作成 <p>アプリ版</p> <ol style="list-style-type: none"> 1. 「アカウントを作成」を選択し、「組織コード」を選択 2. アクセスコードCODEを入力*/「SSOで続ける」**をクリック 3. 勤務先のメールアドレスを使用してサインアップ <p>*組織固有のアクセスコードを使用してください。 **SSOを持つ組織のみ</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

Korean

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<p> 한 해의 두 번째 절반으로 들어서면서, 지난 6개월 동안의 속도와 압박이 우리가 생각하는 것보다 더 많이 쌓여 있을 수 있습니다. 이 글이 그동안 짊어지고 온 부담을 조금 내려놓을 수 있는 부드러운 신호가 되었으면 합니다.</p> <p>혹시 스스로를 돌보는 일이 뒤로 밀려 있었다면, 이제 다시 우선순위에 올릴 때입니다. 웰빙 혜택인 Intellect를 통해 현재의 상태를 점검하고,</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

어떤 상황에서도 즉각적이고 효과적인 도움을 받아 스스로를 재정비해보세요.
먼저 Intellect 플랫폼의 '[마음 건강 스냅샷](#)' 을 통해 자신과 체크인하는 것부터 시작해보세요.

아직 시작하지 않으셨다면, **데스크톱/ 모바일** 기기에서 Intellect에 접속하여 **코칭/ 케어/ 종합** 세션 예약을 시작해 보세요.

웹에서 이용하기


1. app.intellect.co 접속하기 **(please hyperlink here)**
2. 액세스 코드 **CODE***를 입력하거나 / **"SSO로 시작"**을 클릭하기
3. 업무용 이메일 주소로 계정 생성하기

앱에서 이용하기




1. **"I'm new here"** (신규 회원 가입) 선택 후 **"With your organisation"** (회사 계정으로 가입) 선택하기
2. 코드 **CODE***를 입력하거나 / **"SSO로 시작"** 클릭하기
3. 업무용 이메일 주소로 가입하기

*귀하의 조직에 해당하는 고유한 액세스 코드를 사용하세요
**SSO를 사용하는 조직에만 해당합니다

Bahasa Indo

Copy	Images to attach
<p> Memasuki paruh kedua tahun ini, ritme dan tekanan selama enam bulan terakhir mungkin sudah menumpuk lebih dari yang kita sadari. Anggap ini sebagai pengingat lembut untuk melepaskan beban apa pun yang selama ini Anda pikul.</p> <p>Jika merawat diri sempat dikesampingkan, sekarang adalah saat yang tepat untuk menjadikannya prioritas. Dengan manfaat kesejahteraan kami, Intellect, ukur bagaimana kondisi Anda dan dapatkan bantuan yang cepat serta efektif untuk membantu Anda kembali merasa seimbang dalam situasi apa pun.</p> <p>Mulailah dengan melakukan check-in pada diri sendiri melalui 'Ringkasan Kesehatan Mental' di platform Intellect.</p> <p>Jika kamu belum melakukannya, mulailah dengan Intellect di perangkat desktop/ seluler untuk memesan sesi pelatihan/ perawatan/ holistik.</p> <p>Di Web</p> <ol style="list-style-type: none"> 1. Kunjungi app.intellect.co (please hyperlink here) dan klik "Continue" 2. Masukkan kode akses CODE*/ Klik "Continue with SSO" 3. Buat akun menggunakan alamat email kantormu <p>Di Aplikasi</p> <ol style="list-style-type: none"> 1. Pilih "I'm new here", lalu "With your organisation" 2. Masukkan kode akses CODE*/ Klik "Continue with SSO" 3. Daftar menggunakan alamat email kantormu <p>* gunakan kode akses unik organisasimu **hanya bagi organisasi yang memiliki SSO</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

Bahasa Melayu

Copy	Images to attach
<p> Apabila kita melangkah ke separuh kedua tahun ini, rentak dan tekanan sepanjang enam bulan lalu mungkin telah terkumpul lebih daripada yang kita sedari. Anggaplah ini sebagai dorongan lembut untuk melepaskan beban yang telah anda bawa sepanjang perjalanan.</p> <p>Jika penjagaan diri sendiri telah diketepikan, inilah masanya untuk meletakkannya semula sebagai keutamaan. Dengan manfaat kesejahteraan Intellect, anda boleh menilai keadaan diri anda dan mendapatkan sokongan yang segera serta berkesan untuk kembali seimbang dalam apa jua situasi.</p> <p>Mulakan dengan membuat semakan sendiri melalui 'Gambaran Kesihatan Mental' di platform Intellect.</p> <p>Jika anda belum berbuat demikian, mulakan perjalanan anda dengan Intellect di komputer/ alat mudah alih anda untuk menempah sesi kejurulatan/ penjagaan/ menyeluruh.</p> <p> Di Web</p> <ol style="list-style-type: none">1. Lawati app.intellect.co (please hyperlink here)2. Masukkan kod akses CODE*/ Klik "Teruskan dengan SSO" (Continue with SSO)**3. Cipta akaun menggunakan alamat e-mel kerja anda <p> Di Aplikasi</p> <ol style="list-style-type: none">1. Pilih 'Saya pengguna baharu di sini' (I'm new here), kemudian 'Dengan organisasi anda' (With your organisation)2. Masukkan kod CODE*/ Klik "Teruskan dengan SSO" (Continue with SSO)**3. Daftar menggunakan alamat e-mel kerja anda <p>*sila gunakan kod akses unik organisasi anda **hanya untuk organisasi dengan SSO</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>