



Hi all employees at Nim & Hall Media

Welcome to BlueCall – Your tool for improved mental wellbeing!

Congratulations! You now have access to BlueCall, an app that helps you feel better and improve your mental health.



Your employer works with BlueCall to give you the chance to take care of yourself. No matter who you are, it is likely that you at some point need a little extra support from an external party. Maybe you have experienced difficulties in an important relationship, had a hard time reaching your goals at work or just felt a little lost in life or maybe you just want to develop as a person?

Life is full of both big and small challenges. In either way, BlueCall is here for you with help and support.



What you can do in the BlueCall app:

- Book **coaching sessions** with our professional therapists - **free of charge, completely anonymous and within 24 hours.**
- Learn more about how to take care of your mental health through our **articles and digital courses.**
- **Keep track of your mood** over time and get to know your warning signs.

Download the BlueCall app to your phone today!

Get access to your prepaid sessions right away

Download from phone

Reading this from your computer?

Scan the QR code from your phone to download the app and access your account



What our users say about BlueCall



A great first conversation with a therapist for me. I will definitely book another session!



A very good listener! I have never booked an appointment with a therapist before, I have been worried about not finding someone good. But my therapist was so amazing and I feel so ready to live my life fully now. Have already booked a new session and I feel a huge relief!

Therapists, how does it work?

- You have access to **prepaid sessions** with our **professional therapists**
- You are always **completely anonymous**, so no one, neither the therapist nor we at BlueCall know who used the service or what you talked about
- Therapists are **available every day, 7am - 11pm**, so you can make a call whenever it suits you
- You will be **matched with a therapist** according to your wishes and needs
- You choose what you want to talk about: **private or work-related, big or small** - the therapists are here for you!

4.8 out of 5 stars is the average rating our therapists received from users!



Curious but not sure of what you want to talk about?

Download the app and try a **free session today**. We match you with a therapist who coaches and helps you formulate what you would like to develop in.

[Download BlueCall on your phone](#)



Nim & Hall Media cares about your mental wellbeing. 