

My Staff Shop partners with digital health and wellbeing innovator Spectrum.Life to offer essential health and wellbeing support to clients and their employees.

My Staff Shop, the one-stop-shop for employee rewards, benefits and discounts, has partnered with Spectrum.Life, a leading provider of corporate mental health and wellbeing support to provide a market leading digital wellbeing solution to help clients prevent, manage and address their health and wellbeing challenges.

The new partnership with Spectrum.Life provides My Staff Shop clients with 24/7 mental health support. The service comes with enhanced contact channels. Individuals can contact the service via telephone, live chat, SMS, WhatsApp email or by requesting a call back. This ensures help is available when it's needed most and that it can be accessed in a way that is most comfortable for the individual.

Spectrum.Life's holistic approach includes access to their digital platform and app offering 1000s of hours of digital mental health content, eLearning pathways, recipes and nutrition support, mindfulness, and meditation features, including a digital gym and digital wellbeing series. The platform enhances accessibility and empowers people to make real lifestyle changes that lead to better overall wellbeing.

My Staff Shop, founded in Shrewsbury, Shropshire in 2011, is the first employee-owned trust (EOT) offering a comprehensive array of relevant benefits, discounts and rewards for clients with over 360,000 monthly members across multiple sectors, from SMEs to large UK organisations, schools, trusts, multi-location supermarkets and discount stores.

Spectrum.Life's mission is to change and save as many lives as possible, serving 4m people and 2,000+ clients. As the leading Mental Health, Wellbeing and Digital Health Innovator in the UK and Ireland Spectrum.Life delivers the highest quality solutions to the employer, student and insurance markets. Taking the Engage, Empower and Transform approach, people are actively engaged with the necessary resources and guidance to help them take control over their mental wellbeing. Individuals are empowered to make positive changes and develop healthier habits which ultimately foster personal growth and transformation.

David Carlidge, Group CEO at My Group, said: *"This partnership is perfectly timed with the need for a responsive, relevant and high-quality wellbeing offering that provides access to medical professionals, especially at a time when our own NHS is in crisis. The health, happiness and wellbeing of the UK workforce is in sharp focus at the moment and we envisage the Spectrum.Life digital platform adding huge value to the employee experience for our clients and the Platform Members."*

Jonathan Breakwell, Director of Compliance and Operations of My Health Extras, and lead on the partnership project added: *"We all know how important employee wellbeing is – particularly at times of economic uncertainty, remote working, and an increase in stressors caused by the cost of living crisis. By choosing to offer the My Staff Shop wellbeing package curated in partnership with Spectrum.Life, it shows employers that their leaders care about their mental, physical and emotional wellbeing. The My Staff Shop team are poised and ready to take advantage of the online counselling, GP services, nutrition and wellbeing sessions ourselves, and see this as a golden opportunity to support employees mentally and physically."*

Richard Cripps, Head of UK Partner and Account Management at Spectrum.Life said *"We are delighted to have this opportunity to work with My Staff Shop and extend our reach to provide proactive and early intervention wellbeing support via a tailored EAP and Wellbeing Programme, which has been co-designed with My Staff Shop. The past three years and beyond have been challenging for people across the UK, making accessible mental health support more important than ever before. We are proud to have My Staff Shop's endorsement as their preferred wellbeing partner to support Employers on a local level benefitting from the suite of services across the partnership."*

ENDS

NOTES TO EDITOR:

About My Staff Shop:

My Staff Shop is a UK company specialising in the provision and communication of employee benefits, reward & recognition and staff discounts. Founded in 2011, with its head office based in Shrewsbury, Shropshire, it now provides its services to 109 private and public sector employers representing over 360,000 work colleagues. Through its sister companies My Health Xtras and Gee 7 Wealth Management it also provides employees with access to a range of low cost health and hospital cash plans and a free financial help line.

For more information: <https://www.mystaffshop.com/> and [LinkedIn](#)

About Spectrum.Life:

Headquartered in Dublin, Spectrum.Life was founded in 2018. The company recently launched Total Mental Health – a revolutionary Mental Health and Wellbeing solution for Employers & Insurers –providing robust clinically backed mental health support with coaching pathways and access to advanced mental health services.

For more information: www.spectrum.life and [LinkedIn](#)