

Intellect Mobile App Navigation Guide

The care you need, just a touch away.

From self-guided tools, to after-office hours counselling, personalise the care you need with Intellect



Table of Contents

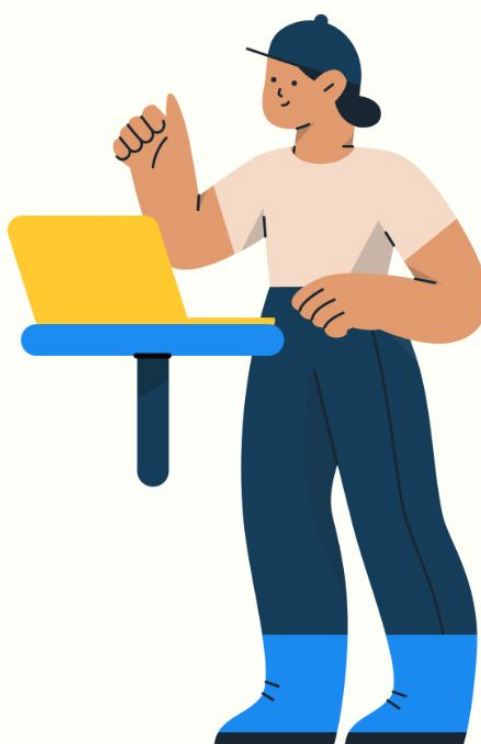
Get Started (Page 2-3)



Intellect Overview (Page 1)



Self-guided Tools (Page 4-5)



Persona Examples (Page 8)



After-Office Hours Counselling (Page 6-7)

Self-guided Tools



Daily Tools

Quick mindfulness exercises for your daily routine

- Deep breathing
- Pre-sleep relaxation



Wellbeing Check-ins

Track your mood & stress, and a report of your wellbeing trends.



Personal Insights Measure

Identify your key strengths and areas of growth, get a personalised plan, and track your improvements.



Rescue Sessions

Stand-alone sessions for in-the-moment support.

- Procrastination
- Feeling lost
- Stress & overwhelm



Guided Journaling

Gain deeper understanding of your thoughts & feelings.

- Gratitude
- Problem solving



Learning Paths

To build skills for everyday challenges and resilience.

- Emotion regulation
- Decision-making



After-Office Hours Counselling

Connect instantly with our mental health professionals to support you in your personal and student life challenges.

- | | |
|----------------------|---------------------------|
| • Stress management | • Relationship challenges |
| • Setting boundaries | • Sleep issues |
| • Anxiety & worry | • Low mood or motivation |
| • Health & lifestyle | • Goal-setting |

Mental health providers from 20+ countries across Asia & APAC, native speaking in a range of languages including English, Chinese, Malay, Cantonese, Vietnamese, Thai, Japanese, Korean, Hindi, Spanish, etc.

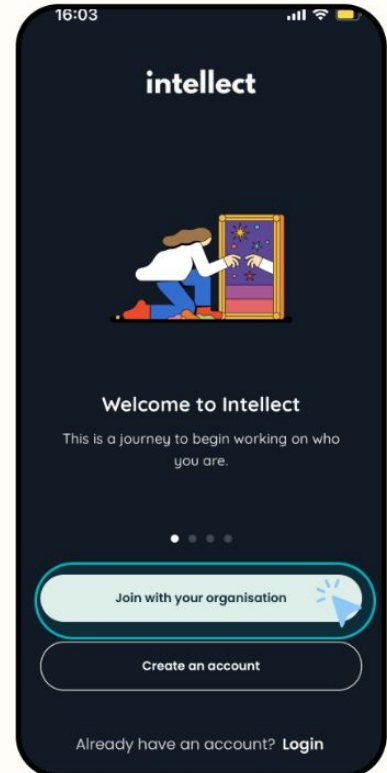
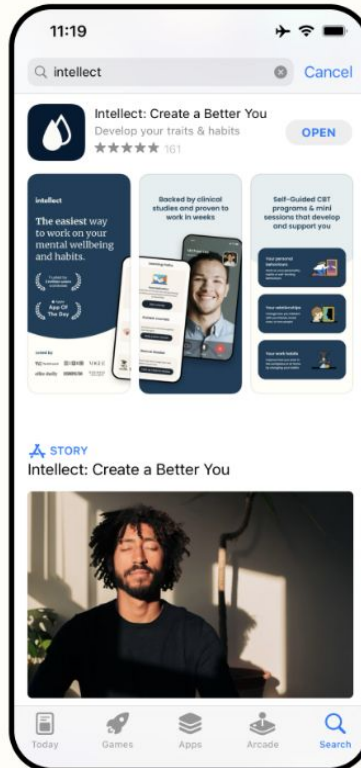
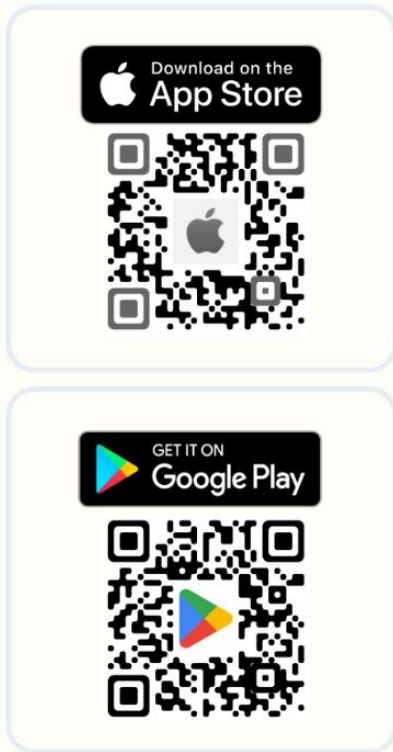
Professional providers include ICF certified Coaches, Counsellors, Psychologists, Crisis Counsellors

Get Started: Setup Your Account

Step 1: Install the app



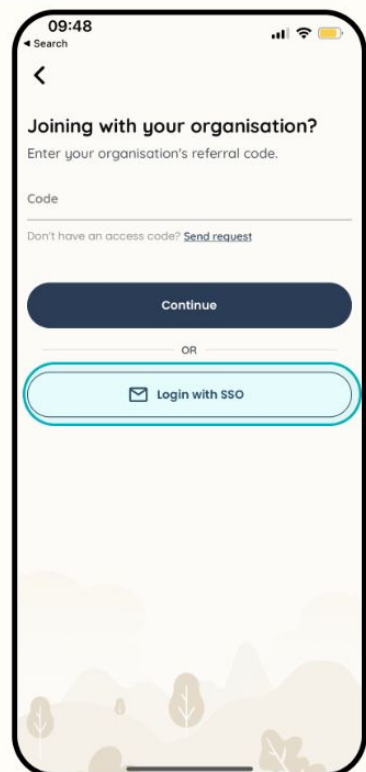
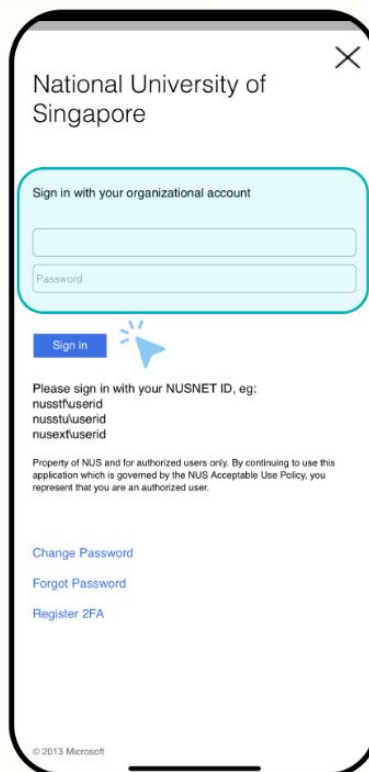
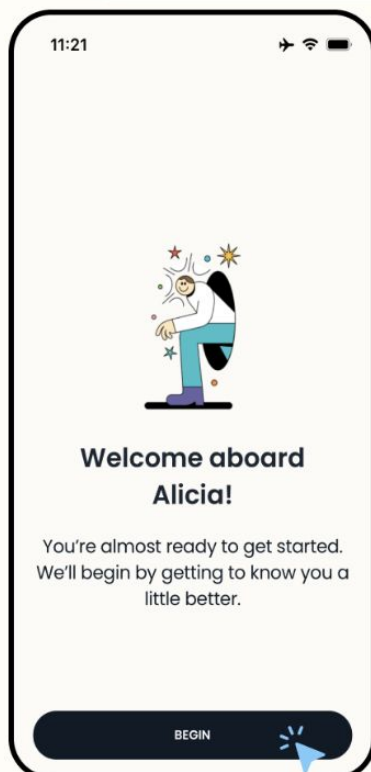
Step 2: Select Join with your organisation



Step 4: Login with your NUS student email and password



Step 3: Click Continue with SSO



Get Started: Complete Your Onboarding Checklist

Once you have created your account, complete the Onboarding Checklist, which will give you a taster of the different Intellect app features.

1

Take our Personality Test

Start your journey of self-discovery and personal growth with a personality test.

2

Complete the Personal Insights Quiz

Take this short quiz and get a wellbeing report of your strengths and areas of growth, and a personalised plan.

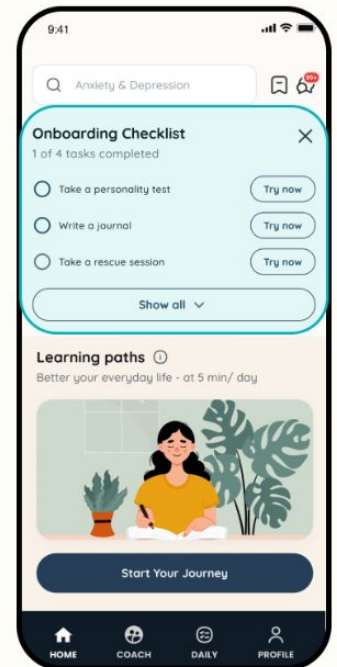
Once you get your report, you can continue your personal development journey by trying the recommended sessions, or connect with a counsellor to support you and keep you accountable of your goals.

Take the quiz again each month to track your progress, improvements, and continuously take stock of your wellbeing and how you can grow.

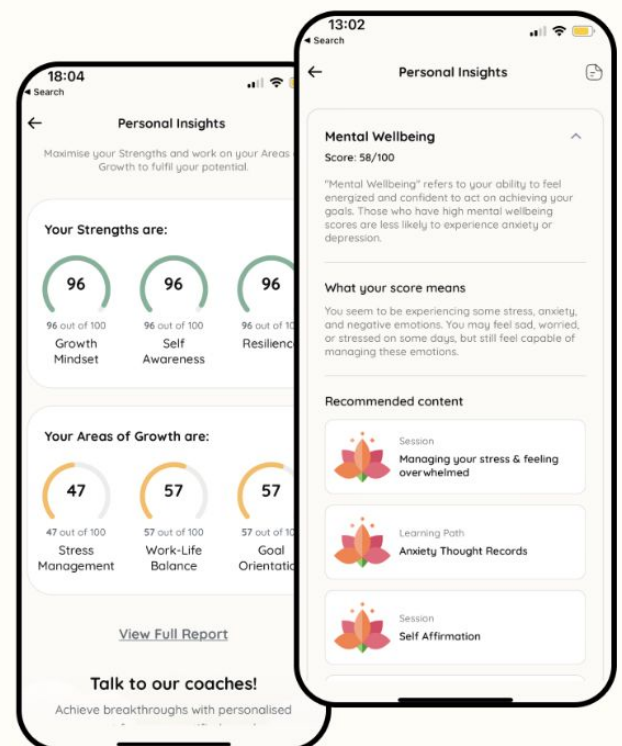
3

Explore the various features

Take your time to try out the other self-guided tools, such as our Wellbeing Check-ins, Learning Paths, Rescue Sessions, Journals, and Daily tools!



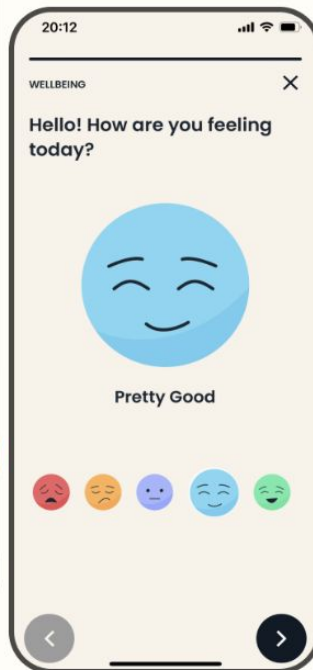
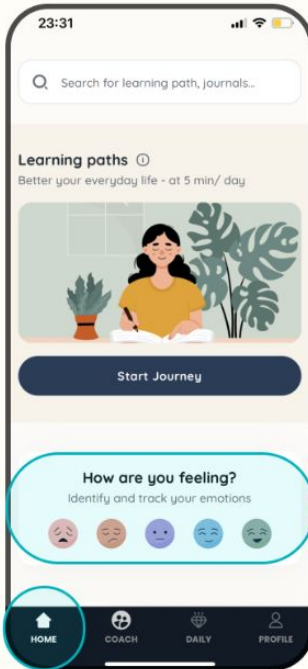
Personal Insights Report





Wellbeing Check-ins

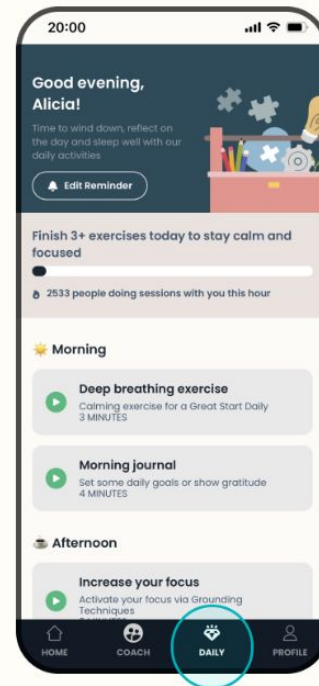
Track your mood & stress,
and a report of your
wellbeing trends.



Daily Tools

Quick wellbeing exercises.

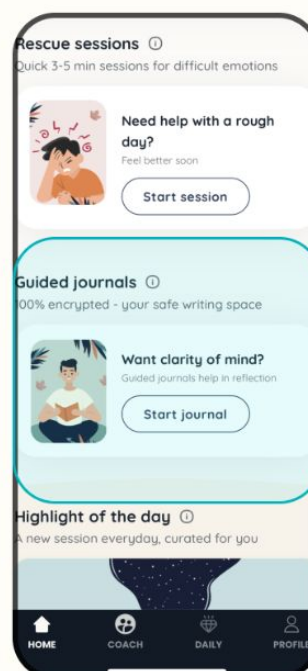
- Deep breathing
- Pre-sleep relaxation



Guided Journaling

Gain deeper understanding of
your thoughts & feelings.

- Gratitude
- Problem solving

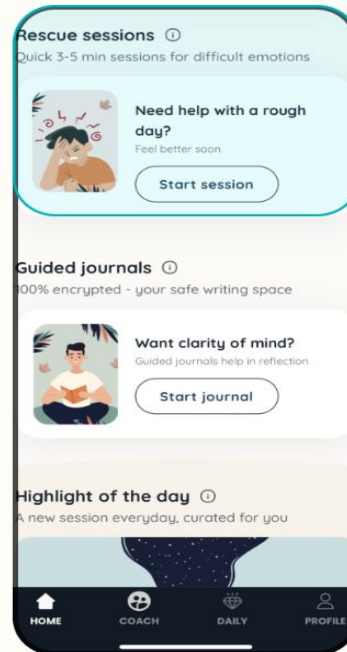


Rescue Sessions



Stand-alone sessions for in-the-moment support.

- Procrastination
- Feeling lost
- Stress & overwhelm
- Criticism

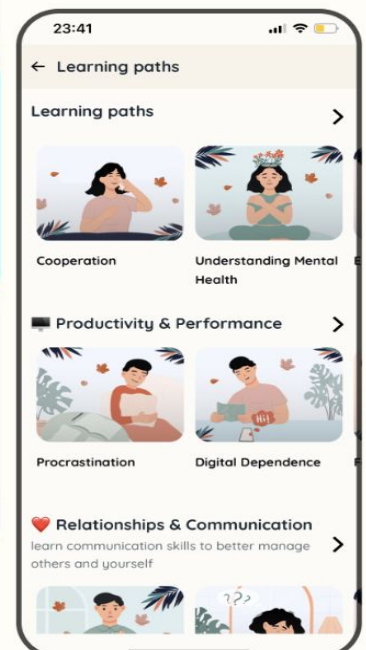
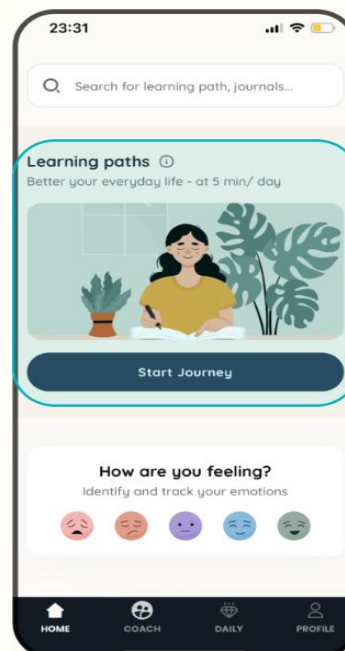


Learning Paths



To work on your habits, behaviours, and build skills for everyday challenges and resilience.

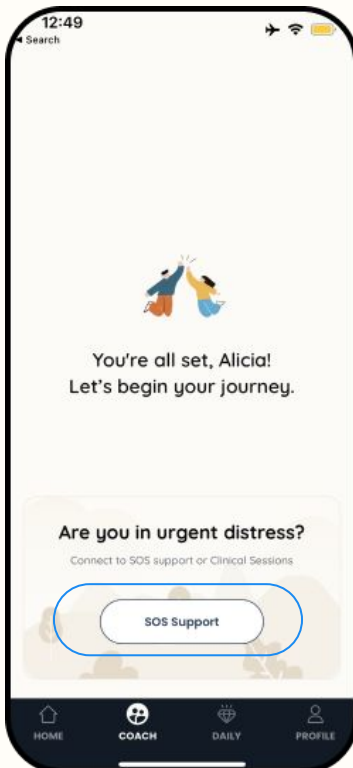
- Emotion regulation
- Decision-making
- Healthy coping mechanisms
- Conflict management
- Body image



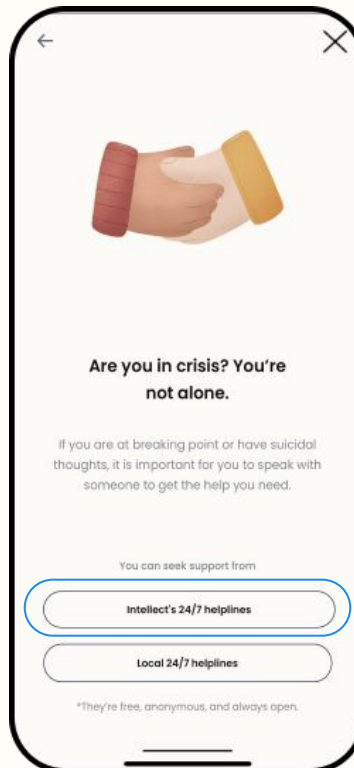
After-Office Hours Counselling (Virtually)

Get connected with a mental health professional, and get access to **counselling sessions**, virtually in the Intellect app, and **unlimited message** your Counsellor to support your journey.

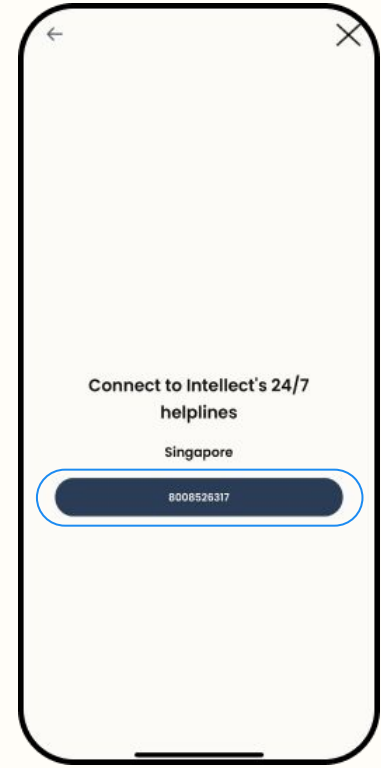
1. Click “**SOS Support**”
under the Coach tab



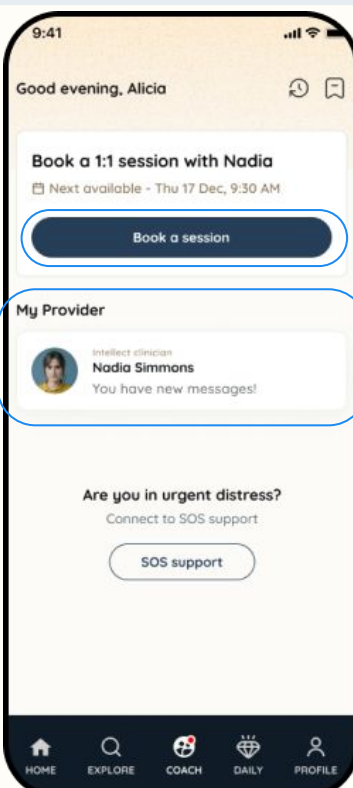
2. Select **Intellect's 24/7 Helpline**



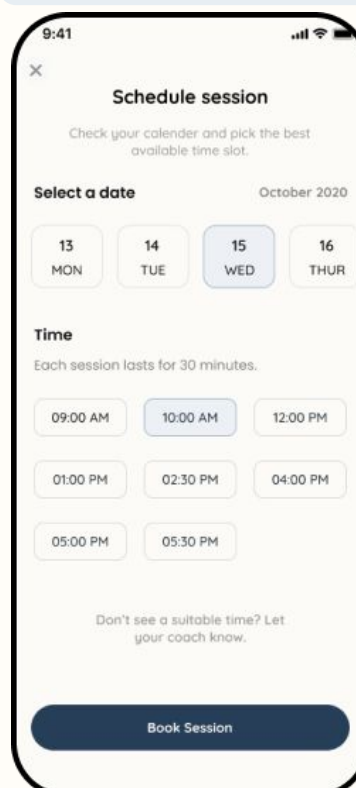
3. Call the **24/7 toll-free number**



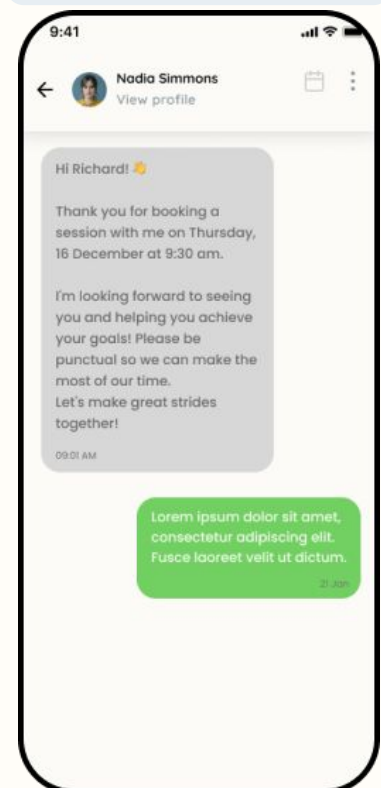
4. You will have a **Counselling session booked in.**



5. You can **book subsequent sessions.**



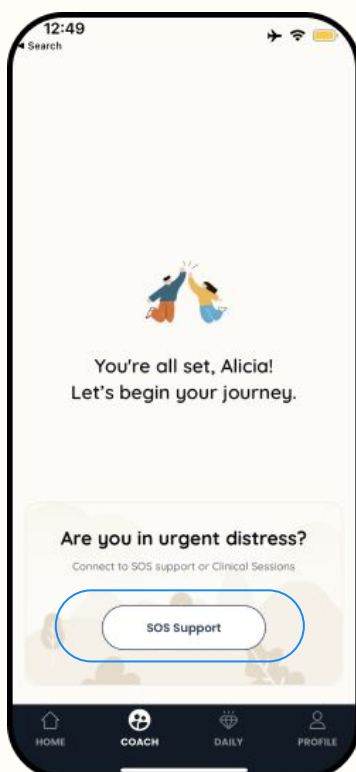
6. **Text** your Counsellor whenever you want.



After-Office Hours Counselling (In-person)

If you prefer having in-person face-to-face (F2F) sessions, you can **request for in-person sessions** when you call our helpline. Once requested, Intellect will be in touch to schedule the counselling session at Intellect's Care Rooms, **within 5 working days**.

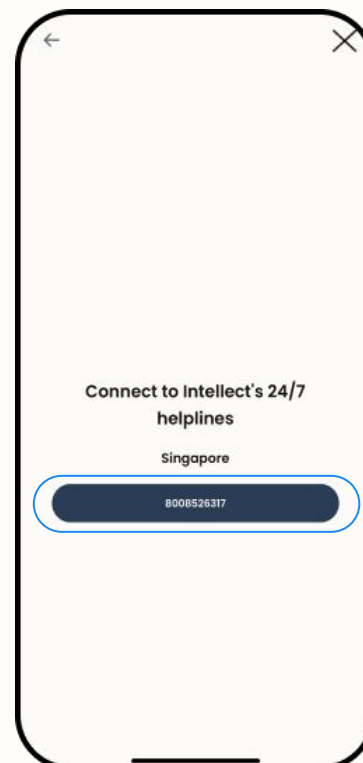
1. Click **"SOS Support"**
under the Coach tab



2. Select **Intellect's 24/7 Helpline**



3. Call the **24/7 toll-free number**



4. Request for in-person sessions during the call

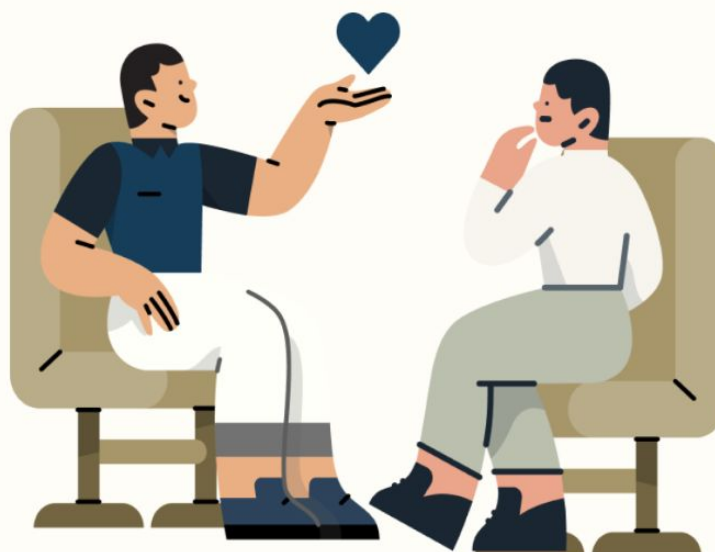
5. Confirm your available date & time with Intellect

6. Attend your session at Intellect's Care Rooms



Venue: Intellect's Care Rooms

Address: 171 Tras St, #02-179
Union Building, Singapore 079025



Want to build certain life skills, habits and behaviours for everyday use?



Leverage our range of self-care tools and skill-building programmes in the Intellect mobile app. We have mini-guided and bite-sized sessions on various topics, including programmes to help you deal with procrastination, manage conflict, set boundaries, and other tools such as journaling, relaxation, and mindfulness exercises.

Looking to speak with a mental health professional after-office hours?



Get access to after-office hours counselling by call our toll-free 24/7 helpline number **[8008526317]** (found in the Intellect app). Our responder will assess your situation and connect you with a suitable Counsellor thereafter.

You can be matched with a Counsellor to schedule virtual sessions by the next day. If you prefer F2F, you can make your request and sessions can be booked within 5 working days at Intellect's Care Rooms after the request is made.