



Wellspring Living

Empowering Survivors, Supporting Caregivers: Nivati Provides Vital Mental Health and Wellbeing Resources for Wellspring Living employees.

Objectives

Wellspring Living empowers individuals affected by sexual exploitation. To ensure their staff—both desk and frontline—are equipped to handle the emotional demands of their work, they sought a solution to prevent burnout and support employee wellbeing.

Solution

Wellspring Living partnered with Nivati to provide comprehensive mental health and wellbeing resources for their staff. Nivati's platform helps employees stay resilient, ensuring they can continue making a meaningful impact in their work.



“The literal perfect solution for what we were looking for. Helps normalize therapy.”



Amber Stewart

Chief Culture Officer
Wellspring Living

At a Glance

Challenges

- Both onsite employees and desk workers
- High-burnout, high stress care work
- Hourly staff with tight schedules

Results

- 63% employee enrollment in Nivati
- 59% of staff have completed live sessions
- 39% of team viewed on-demand content
- 54% year over year growth

Lasting Benefits

1. Creating a Culture of Wellbeing

Wellspring Living incorporated Nivati into their company culture with monthly group workshops, regular wellness challenges, and webinars. Nivati is now an integral part of Wellspring Living's community.

2. Reducing Burnout and Stress

By normalizing therapy and promoting a culture of wellbeing, Wellspring Living employees have reported reduced stress and greater peace, both in their personal lives and in their work.

3. Recruiting Top Talent

Offering Nivati and fostering a culture of wellbeing around the Nivati platform has become a powerful tool for recruitment, helping attract top-tier talent to their team.



Wellspring Living

"I truly enjoyed my session with Jean. She is a great listener with no judgement and gave good advice. I look forward to a great long lasting relationship. She is just what I needed."



"Since meeting with Caron, I and my adult daughter are communicating to a point where we have moved from not speaking at all to my daughter scheduling flights to bring her husband and four kids to spend Christmas at my home.

I am immensely grateful for Nivati and the great "miracles" the coaches and therapist perform! I never openly participated in therapy before Nivati and am now a Nivati "lifer".

Thanks Nivati for helping to put my family back together again!"

"Sheri was amazing! She was upbeat, she listened so well, and provided me with some amazing tools for some challenges I'm facing. It was easy to book, there were lots of people available, and it was at no cost to me. I can't wait to book again!"

"Christy turned my stressful and miserable day around and help me focus on the positive. She reminded me to give myself grace, heard and saw me in the place of stress I am currently in and provided me tools to feel better! I appreciate her kindness and encouragement today of all days!!!"

"Can't wait for my next session!"