

Employee Benefits

Mental Wellbeing Platform



What is MentalWellbeing@MattioliWoods?

Companies across the world continue to invest in their employees each year with training, webinars, updates and more, but what about their mental wellbeing?

Mental health is just as important as physical health but can often be overlooked. However, the last decade has seen just how much helping employees with their mental health can benefit the running of a company.

The MentalWellbeing@MattioliWoods platform provides tools that will help your employees work on their mental health as and when they feel they need to. With so many activities, support and education available, there is always something for everyone. And for those who need a bit more assistance, the 24/7 mental wellbeing support can point you in the right direction.

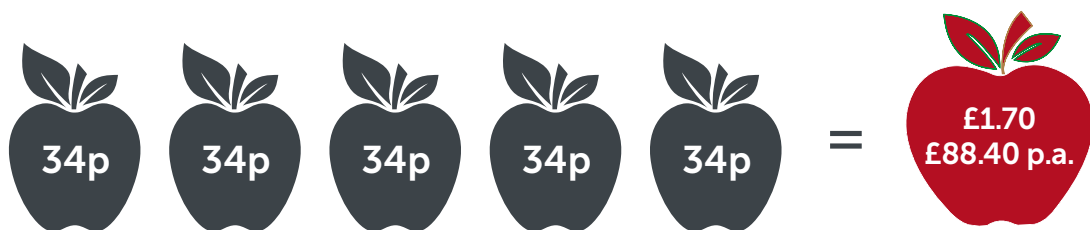
An apple a day keeps the doctor away

We have all heard this saying and are aware of the health and wellbeing benefits of fresh fruit and vegetables. Many companies are happy to provide employees with fresh fruit in the workplace to encourage healthy snacking, improved nutrition, and wellbeing. And while fresh fruit might help with physical health, a company could also support employee mental wellbeing in the workplace for less than it costs to provide employees with an apple each working day.

Did you know?

The average cost of an apple in the UK is £0.34.*

So, five apples per week = £1.70 (£88.40 annually).



A company with 100 employees will spend on average, around £8,840 on apples each year.



So, if £0.34 a day is a reasonable investment in nutrition/physical health, what about an investment of less than £0.20 per working day to provide employees with mental wellbeing support?

For a company with 100 employees, our **MentalWellbeing@MattioliWoods** platform will cost £5,000 – that equates to £0.19 per employee per working day!

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Healthy employees are productive employees.



What tools does this platform provide?

For less than an apple a day per employee, a company will be able to provide all 100 employees with:

- 24/7 access to mental wellbeing support from any device, anywhere
- access to 20 mental health awareness and education courses
- a library of over 250 resources, such as fact sheets, covering aspects of mental wellbeing including financial issues
- one-click access to company Employee Assistance Programme (EAP) contact details
- details of company-provided health and wellbeing benefits
- signposting to additional third-party support if required
- survey tool giving employees a voice in relation to mental health

Plus, the company will be able to access engagement reports fulfilling their health and safety duties in respect to stress risk.

Summary

For an investment of only £19.00** per working day, you can not only support employee wellbeing but also have evidence for the Health and Safety Executive (HSE) that you are managing mental health risks.

Healthy employees, (and remember mental health is as important as physical health) are productive employees, so the return on investment will be reflected in your bottom line.

Get in touch

For more information or to arrange a demonstration, please contact your Mattioli Woods consultant.

* <https://www.britishapplesandpears.co.uk/cost-of-production/>

** Rates for clients with more than 100 employees are even more competitive!

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