

Psychological Well-Being Checkpoint™

Powered by Wellness Checkpoint®, the Global Leader for Health and Business Risk Management

Mental Health in the Workplace

Around the world, employers are increasingly recognizing that the mental health of their employees directly impacts organizational success and employee well-being, professional fulfilment and quality of life. For many, protecting, promoting and addressing mental health in the workplace is a key global priority.

Psychological Well-Being Checkpoint

Acknowledging that mental health priority while understanding the stigma that can impede access to help, we created Psychological Well-Being Checkpoint (PWCP) to support employers' wellness strategies. The PWCP service helps *employees* assess their psychological strengths and challenges and refers them to support resources. It gives *employers* a profile of the group psychological risks that impact the success of their organizations.

The PWCP evaluates mental health in a workplace context along three dimensions:

- ✓ **Psychological well-being** - personal characteristics that reflect mental wellness and can serve as protective factors against depression, anxiety and other conditions of mental ill-health
- ✓ **Psychological disorders** - symptoms of depression and anxiety, and their impact on the employee's ability to fulfil their work, home and personal obligations
- ✓ **Psychological safety in the workplace** - organizational factors that impact mental health and well-being

In addition to guiding *employees* with a positive, actionable approach, the PWCP instrument is designed for use as a general screener that arms *employers* with data to identify opportunities for interventions, training and resources. PWCP also serves as a monitoring tool that evaluates the impact of psychological well-being intervention strategies and programs, tracks improvements, and provides more control of issues that interfere with performance and well-being.

It Works using any smartphone, laptop, or any web-enabled device, users answer a series of questions (under 3 mins) and upon completion receive a personalized report that identifies individual strengths and risks and guides users to organization- and location-specific resources

On-demand group reporting provides managers a clear line of sight to how the team is doing, the impact of mental health on the business, and what they can do to help

Psychological Well-Being Checkpoint™ helps address the mental health priorities impacting your workforce, and complements healthy cultures and business success

