MENTAL HEALTH IS EVERYBODY’S BUSINESS

DISCOVER MORE ABOUT YOUR MENTAL HEALTH THROUGH THE WORLD’S FIRST PSYCHOLOGICAL AND PHYSICAL MENTAL HEALTH CHECK-IN, AND COLLECTIVELY UNDERSTAND YOUR ORGANISATION’S WELLBEING

OUR VISION

To create a global mental health action.

OUR CORE PURPOSE

To give individuals and corporations the opportunity to Check-In with the status of their Mental Health.

ORGANISATION PROPOSAL
The Check-in gives people objective and professional tools to assess, monitor and increase their mental health. Checking in with our mental health reminds others that self-assessment is not just for those outwardly struggling, it is for all of us. The faster we recognise the signs of poor mental health, the earlier we can act to improve them.

**FOUR REASONS FOR YOUR ORGANISATION TO CHECK-IN**

1. Mental health can now be measured like never before
2. Encourage your workforce to engage in their mental health before it’s problematic
3. Be part of a national mental health awareness program and send a powerful message to the 1 in 2 Australian’s who will struggle with their mental health that they are not alone.
4. Understand your organisations’ mental health and be able to target your wellbeing spend for the best return

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*We all need to check-in and we can all check-in together.*

**HOW IT WORKS?**

**3 Steps to Your Mental Health Check-in**

**STEP 1**
Complete the online survey (approx. 15 mins duration)

**STEP 2**
Wear a heart rate monitor overnight

**STEP 3**
Receive your results directly to your mobile phone and inbox
All reports are strictly confidential. Only the participant can review the results.

Organisations will receive a summary of their employees’ results, together with suggested actions to be initiated for positive change.
ABOUT THE CHECK-IN

THE CHECK-IN SURVEY MEASURES SEVERAL AREAS RELATING TO PSYCHOLOGICAL FUNCTIONING.

Factors assessed include the following:

- Depression & anxiety
- Stress
- Sleep
- Resilience
- Trust
- Perfectionism
- Time management
- Emotional intelligence
- Coping styles
- Circadian heart rhythm

WHY PARTICIPATE IN AUSTRALIA’S BIGGEST MENTAL HEALTH CHECK-IN?

Last year’s Check-In revealed that screening programs for depression, anxiety and stress in Australia are currently ONLY undertaken when conducted by a GP or a Psychologist.

- OVER 39% of Check-in participants were currently experiencing symptoms of a mental health illness
- ONLY 10% of people with a mental health issue were currently accessing help – mostly because of stigma or because they didn’t realise it had become an issue

THE EARLIER WE UNDERSTAND THE RISK FACTORS AFFECTING MENTAL HEALTH, THE EARLIER WE CAN ADOPT GOOD LIFESTYLE AND SELF-CARE STRATEGIES, RESULTING IN IMPROVED MENTAL HEALTH FOR ALL.

Sharing the Check-In together encourages everyone to join in the journey to good mental health.
A post-test follow-up revealed that of the respondents to the post-check-in survey:

- **92%** found the information useful
- **87%** would recommend the experience to others (10% neutral)
- **56%** planned to do something different as a result of the check in
- **55%** were surprised by some of their results
- **84%** found results to be relevant to them
- **71%** thought more deeply about their mental health
- **80%** have a better understanding of their mental health

**It is estimated that effectively addressing depression is likely to save a potential 29,550 hours per annum in productivity based on the 37% of respondents that participated last year and scored in the clinical range for depression**

By assessing and understanding the state of our organisational mental health, we can take positive action to resolve issues, resulting in increased staff productivity and workplace enjoyment, and reducing expenses relating to staff absenteeism.

**What can Australia’s biggest mental health check-in provide for your organisation?**

To assist you in promoting the Check-in and encouraging staff participation, once you have signed up to our Company Kit we will provide the following:

- Social media jpeg for Facebook, Instagram and e-newsletters
- A3 and A4 posters to print and display throughout the office and on restroom doors
- Newsletter articles for companies to internally distribute
- Employee communication
- Social media posts
- Media releases
IT COULDN'T BE EASIER TO GET YOUR TEAM ON BOARD

WE HAVE TAILORED PACKAGES TO SUIT YOUR NEEDS, AND A ONE-OFF COMPANY KIT FEE STARTING AT $500 TO ASSIST WITH THE PROMOTION OF AUSTRALIA’S BIGGEST MENTAL HEALTH CHECK-IN THROUGHOUT YOUR WORKPLACE.

SAMPLE ORGANISATION

In 2017, we are inviting organisations to join the Check-in and make a real difference to mental health in Australia. We are passionate about people being able to access mental health support in a way they couldn’t in the past, as well as increase mental health, productivity, and safety for people personally and professionally.

There are two parts to the program this year, a program fee and an individual Check-in fee:

Program fee Includes:
- Check-in Champion Support Pack. *The Check-in Champion is a senior leader who is proud to stand up and send a message as a leader that it is ok to Check-in.* We will provide content for emails and suggested strategies to support them in leading the organisation in the program.
- Devices delivered to central office locations (additional mailing can be organised)
- Social media support
- Digital and print posters for offices and crib rooms
- Newsletter articles
- Employee communication
- Media releases

Individual Check-in fee Includes:
- Check-in Survey
- Sleep Device for overnight test
- Access to app for sleep device
- Clinical review by psychologist
- Risk management
- Email updates and email support
- Access to $500 Karma Resorts giftcard for the first 5000 participants
- Follow up by Check-in team
- Device Support if required

Program Fee: $500
Individual Fee: $24

ONLY PAY FOR THE SURVEYS YOUR STAFF COMPLETE.
Australia’s Biggest Mental Health Check-in is a valuable tool for both individuals and organisations. By gaining a clear understanding of the state of employees’ wellbeing, organisations can take positive steps to support good mental health and promote a healthy workplace.

**Vital Conversations:**

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