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## FREE INTERACTIVE WEBINAR

Bridging the Gap:  
Smarter Strategies  
for Workplace  
Mental Health



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Chief Commercial Officer,  
Onebright



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Director of Government  
Services, Healix

Thursday 26th June, 11.00am - 12.00pm



# Workplace Mental Health

How does it fit together?







**33 years**  
in operation



**1.3 mil +**  
people helped



**75k**  
networked  
providers



**1.2k +**  
medical screenings  
in 2024



**30k protected**  
under our government  
healthcare services



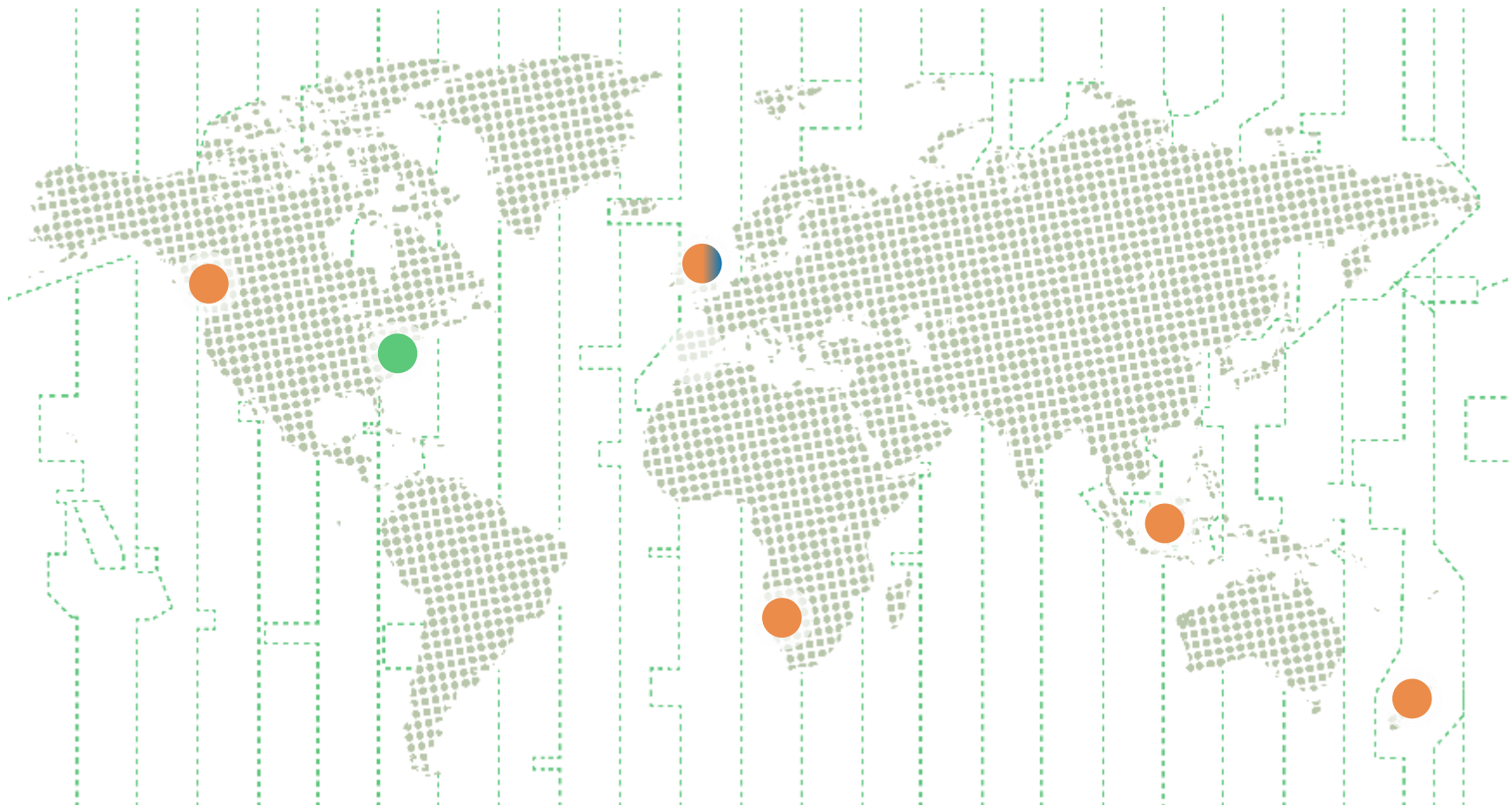
Protecting the health and  
wellbeing of employees



Matching individual  
healthcare needs



Understanding the  
healthcare risks



Head office



Operational offices



Other offices



# Healix + Onebright Composite Case Study

## Person

Client moved to be stationed in Jakarta with the British Embassy.

Being away from UK life and protective factors, support system and NHS healthcare system

Additional worry over child's recent neurodevelopmental diagnosis



## Clinical Presentation

Presented with Generalised Anxiety Disorder and secondary Depressive Disorder . Co-existing health condition.

Exceeded the help that their EAP could provide

Family dynamic was under strain in the new location with children also presenting with own needs

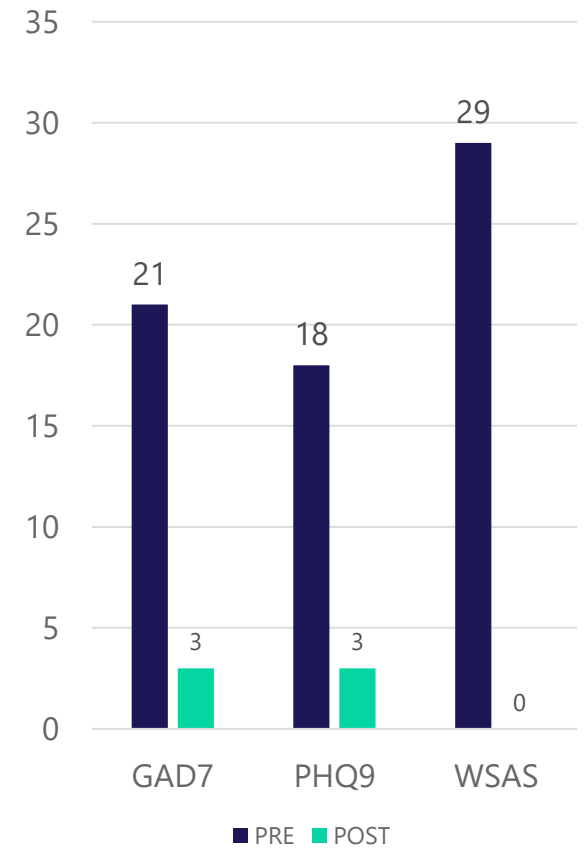
Assessed by Healix, referred to Onebright, assessed 48 hours later and into treatment with 2 days.

## The Outcome

- Formulation targeting :
  - Tolerance of uncertainty
  - Worry Management
  - Anxiety management
  - Progressive Relaxation Technique
  - Attention Training
  - Parent led support
- Foundational activities
  - Sleep hygiene, Diet
  - Behavioural Activation,

10 sessions of CBT delivered by experienced therapist

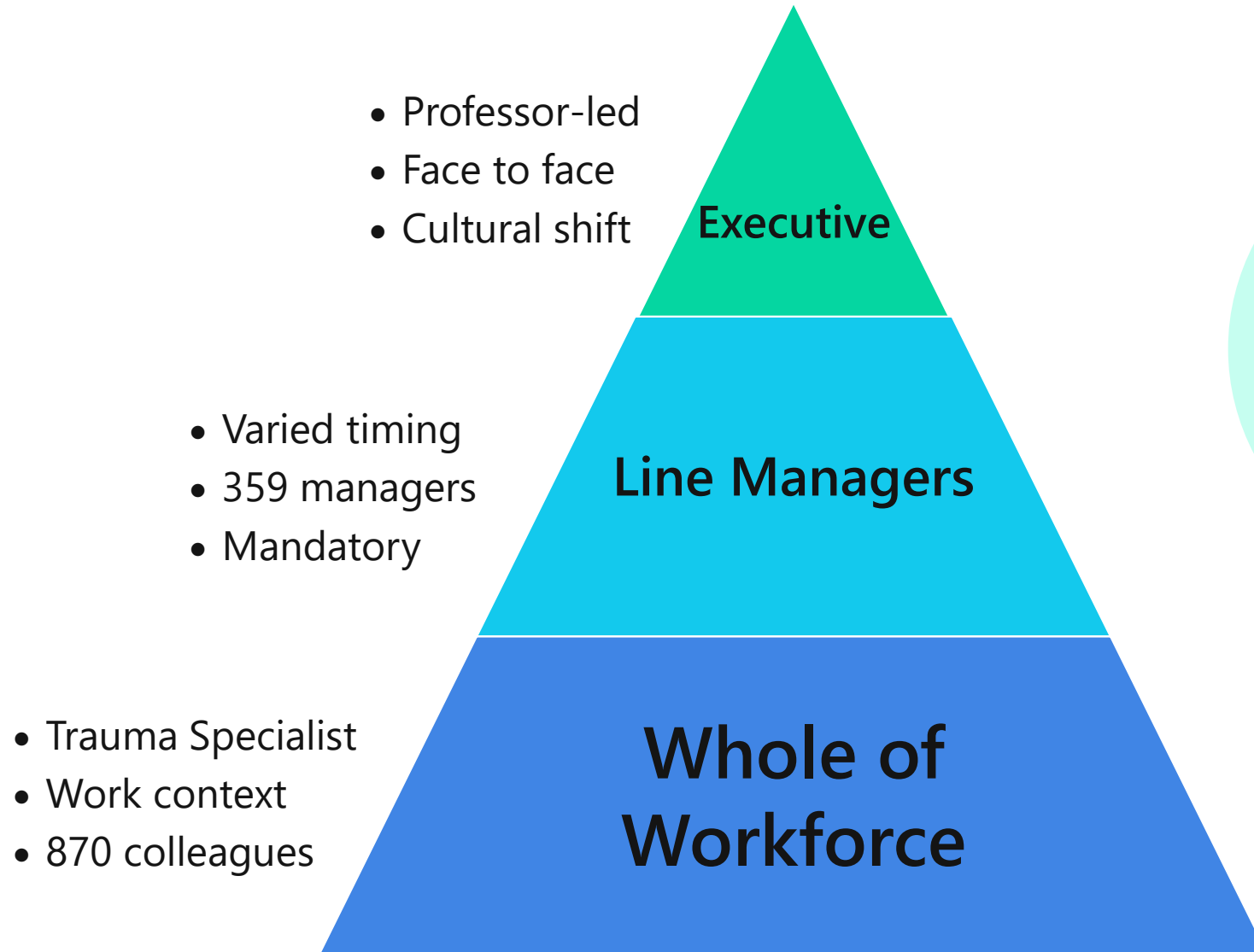
## Clinical Case Measures



# Healix + Onebright



# The personalised solution

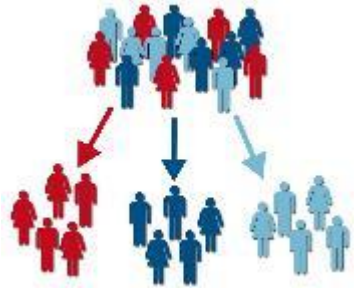


## What is next?

- Onboarding mandated
- L&D Integration – annual refresher
- Trauma pathway



# Smarter strategies to fill your Gap



## 1. Know your people:

- Stratify
- Listen
- Decode



## 2. Map your existing provision:

- Who is supported / who isn't
- Identify risks
- Think 'upstream' for each segment?

## 3. Target upstream / Optimise downstream:

- Early intervention - segment audience
- Personalised support
- Cultural tuning



