



# The case for unlimited employee mental health care that starts with conversational AI



# Mission: Solve Global Mental Health

Build a scalable product that makes access barriers irrelevant.

Prove it's clinically effective with top researchers.

Provide access to people who have none, where they are.





# Mental Health at Work in 2022

wysa

**60%**  
of the world population is in  
work

**301 million**  
lived with anxiety in 2019

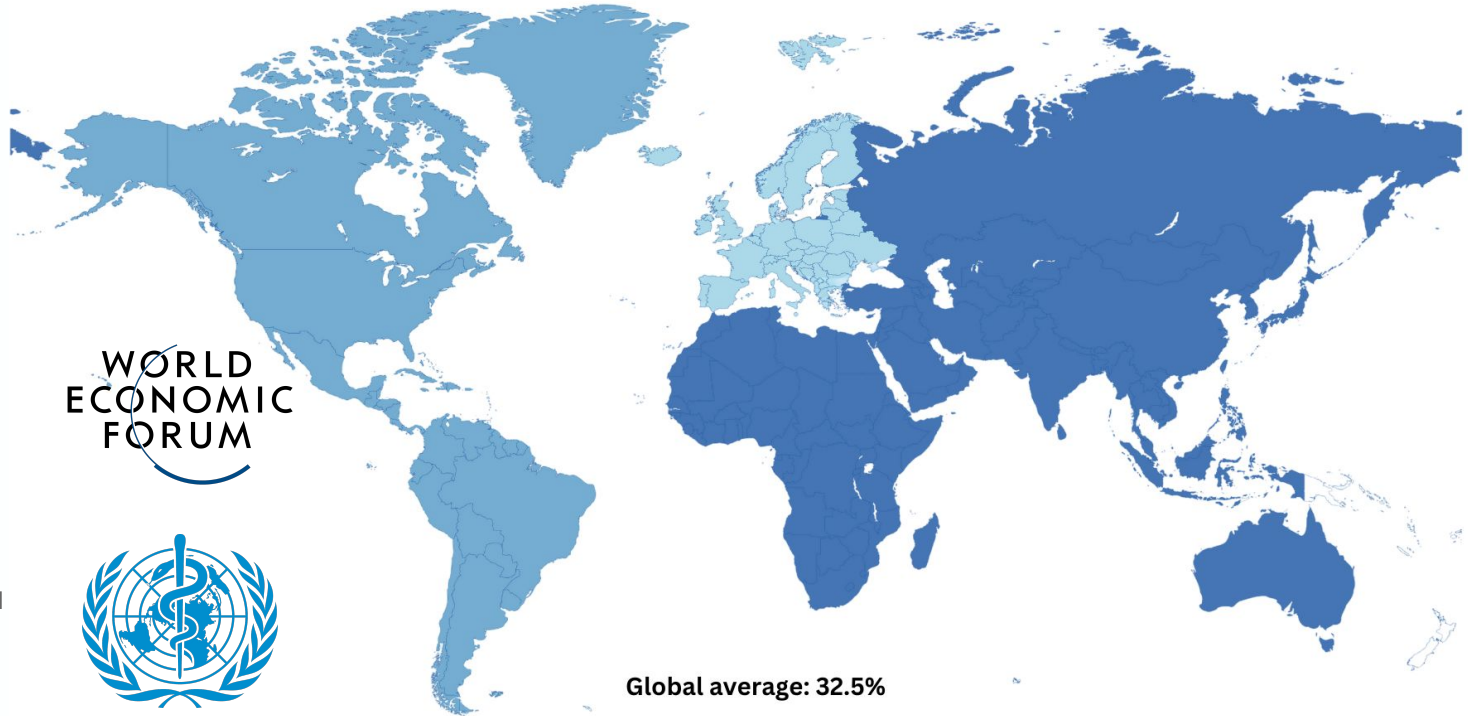
**280 million**  
lived with depression 2019

**703,000**  
died by suicide in 2019

**50%**  
mental health costs incurred  
indirectly, eg reduced  
productivity

**12 billion days**  
lost each year to depression and  
anxiety

**US \$1 trillion**  
Global economic cost, mostly  
from reduced productivity



WORLD  
ECONOMIC  
FORUM



Global average: 32.5%

25-30%

30-35%

35-40%

Emotions expressed to Wysa by employees about feelings of sadness and depression

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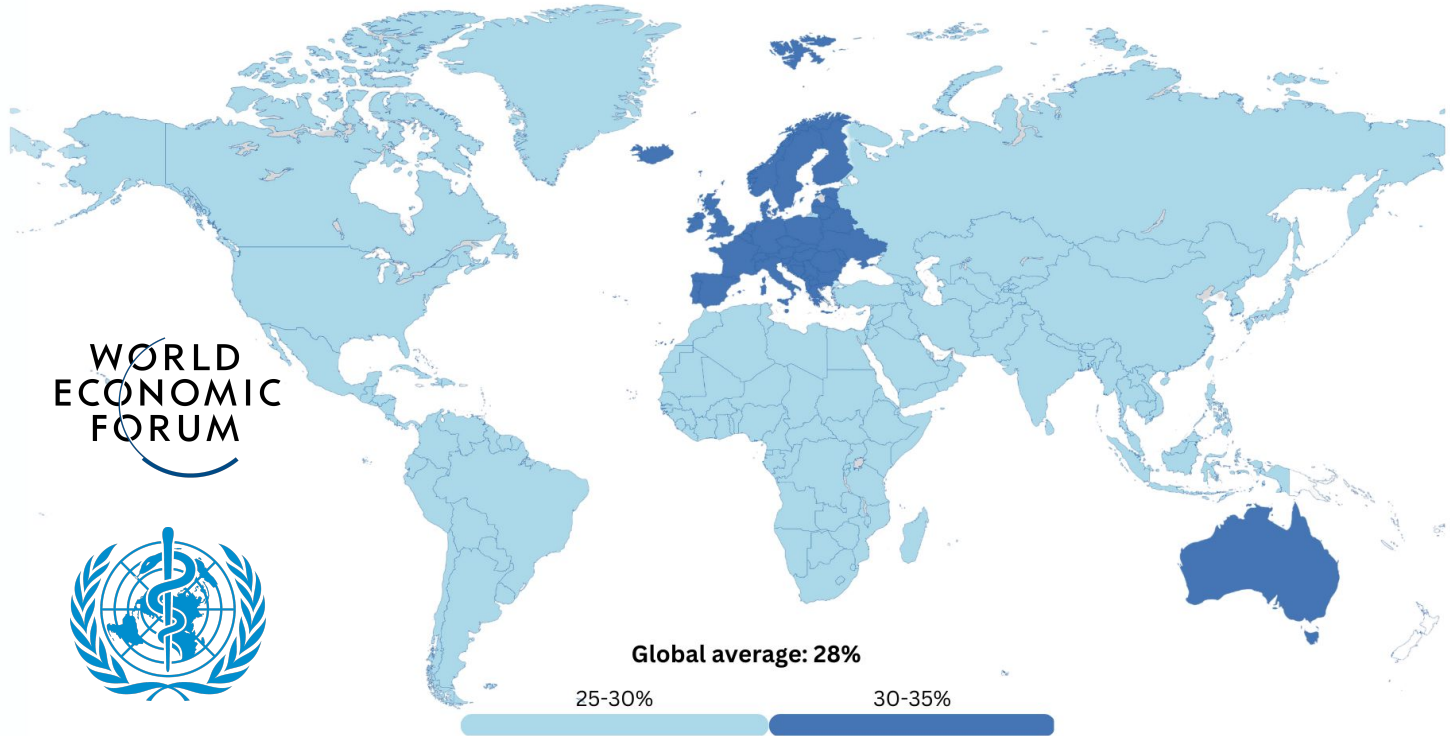
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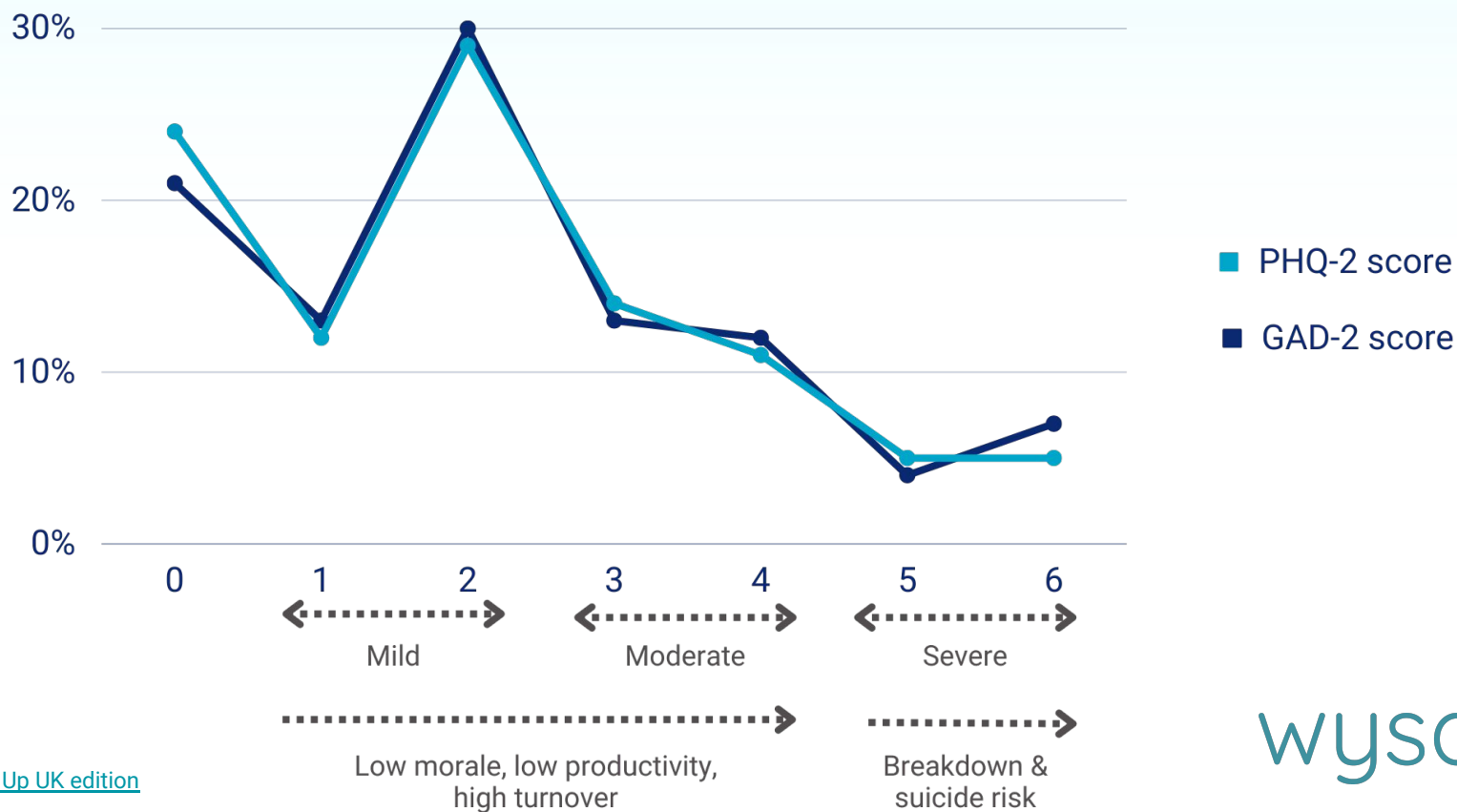
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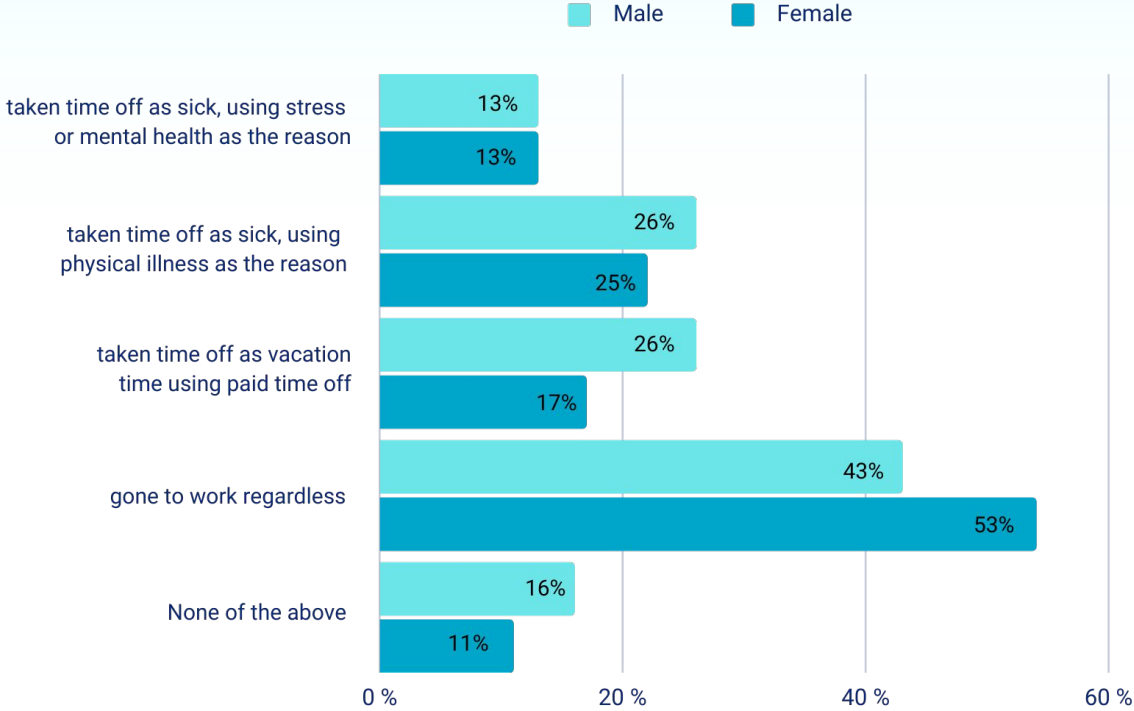
**Do *your* employees need a stepped care model that starts with conversational AI care?**

# 1 in 3 employees with moderate to severe depression or anxiety



Source: [All Worked Up UK edition](#)

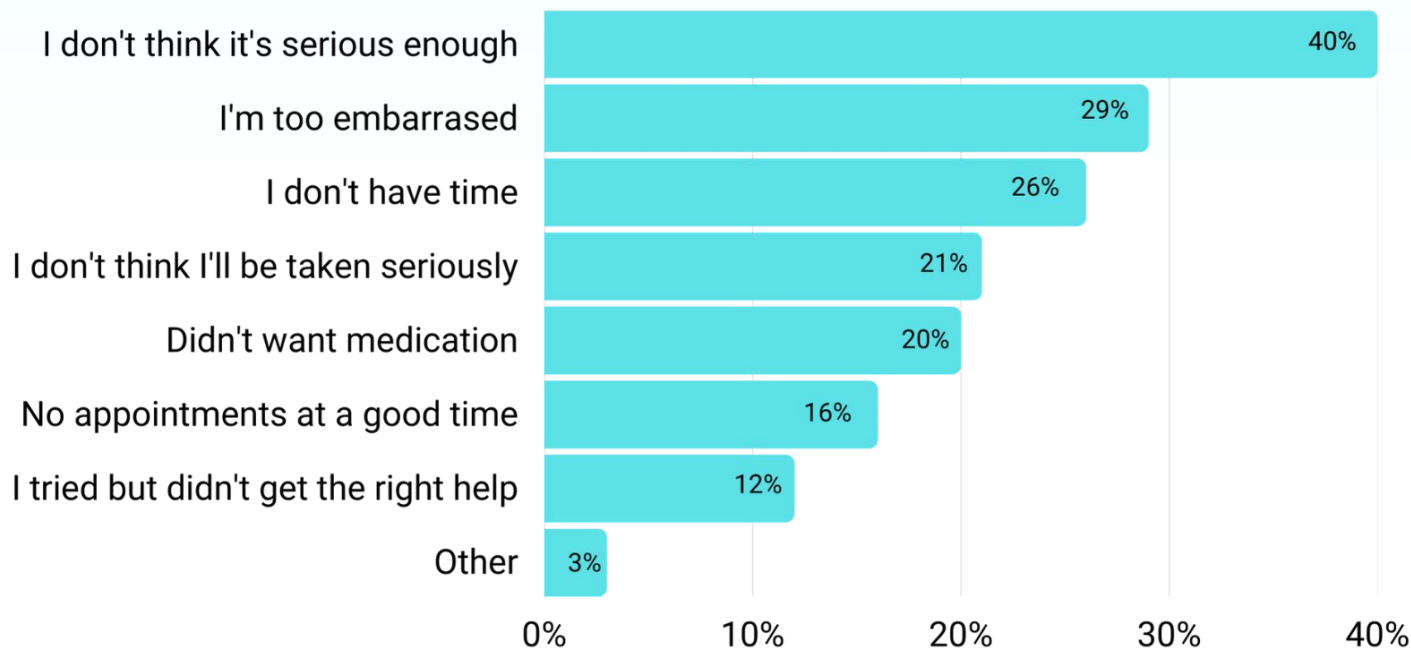
# When stress was impacting my ability to work, I have...



Source: [All Worked Up UK edition](#)

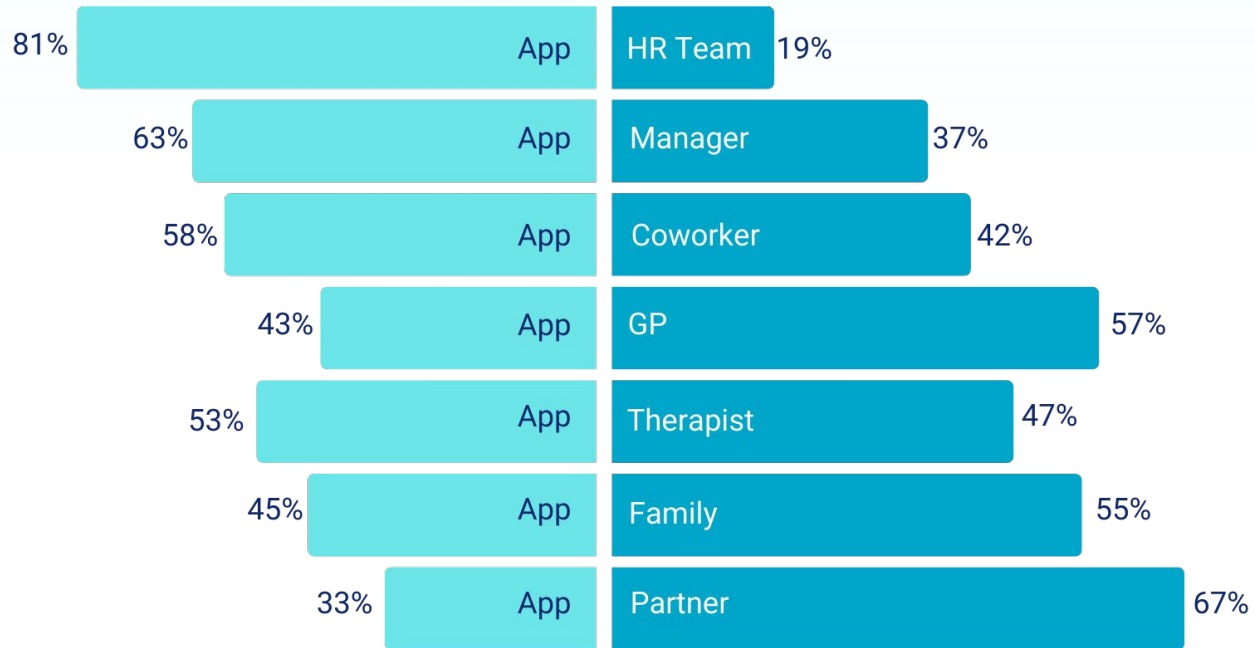


# Half of employees “in need of support” have not spoken to a professional. Why?



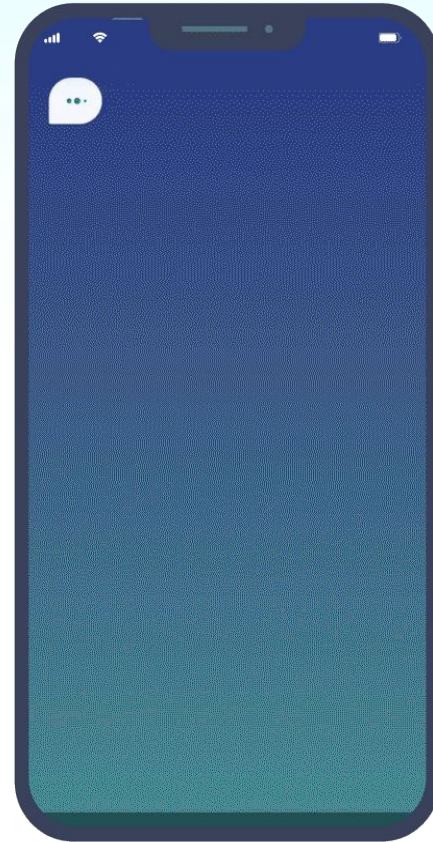


# Employees prefer to turn to self-help apps than HR



Mental health support that meets  
people where they are

- Anonymous
- No stigma
- 24/7 support

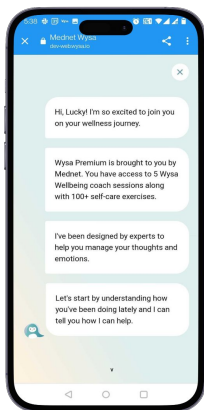


wysa

# The breadth of wysa support

wysa

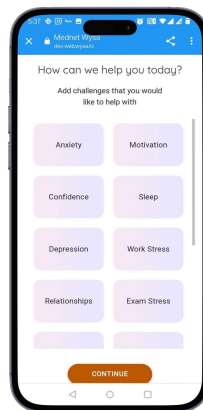
## AI Guide



Wysa's AI chatbot listens and empathises, guiding users through relevant exercises



## Digital Self-care



Evidence-based exercises with content created by qualified CBT therapists



## Human Coaching



45 minute 1:1 wellbeing coach sessions with UNLIMITED messaging in between sessions

# Lived experience: Chukurah's story

wysa

*A true story as told to NPR describing how AI bridges key gaps in existing care*

Chukurah Ali was a single mom with own bakery business, Coco's Delights

In February 2022, a car accident left Chukurah Ali unable to walk

Sinking into depression, Chukurah felt hopeless and worthless

She couldn't find an available therapist, and couldn't drive to appointments even when she did



One year on, Chukurah still uses Wysa alongside human healthcare support.

In 8 weeks, there were significant shifts in both pain and mood

She talked to the bot almost every day in the first few months. Sometimes as much as **7 times a day**.

Talking to Wysa's AI bot felt silly at first, but surprisingly it helped.

**Chukurah's doctor recommended Wysa**

[Therapy by chatbot? The promise and challenges in using AI for mental health](#)



# Vitality: The British insurer that believes prevention is better than claim

Vitality began its relationship with Wysa by identifying 60,000 members who had been screened as high risk.

The members were offered anonymous access to Wysa Premium for a year to improve their mental wellbeing.

*“Reframing my sad thoughts then doing the positivity exercise is really reassuring. If I feel lonely I do that and it helps a lot”*

a Vitality User

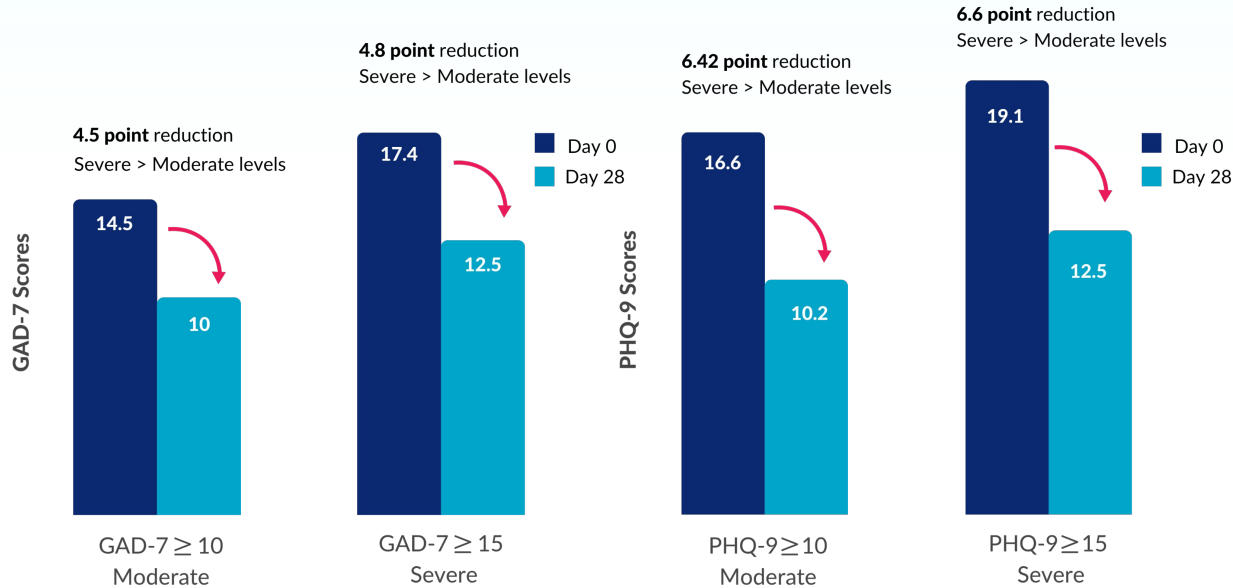
The advertisement features a woman in a pink jacket and headphones sitting on the ground, looking at her phone. The background shows a landscape with trees and a blue sky. The Wysa logo is visible in the top right. Text on the ad includes: 'Get 12 months complimentary mental health support with Wysa.', 'Register now', 'Hello Magnus,', 'Meet Wysa, the digital mental health platform that provides support based on your personal needs.', 'Wysa provides personalised tools and techniques, handpicked by experts and backed by science, to help you better look after your mental health.', 'What's included:', and a list of features: 'A tailored mental health support programme', 'A pocket therapist, available via the 24/7 Wysa AI (Artificial Intelligence) coach', and 'Self care tools'. A smartphone displaying the Wysa app interface is shown at the bottom right.

81%  
conversion rate from  
initiation to onboarding

88%  
Users returned for 2+  
sessions with Wysa

83%  
Found Wysa useful

# Symptoms of depression and anxiety improved significantly after using Wysa



Improvements in symptoms of anxiety after 28 days

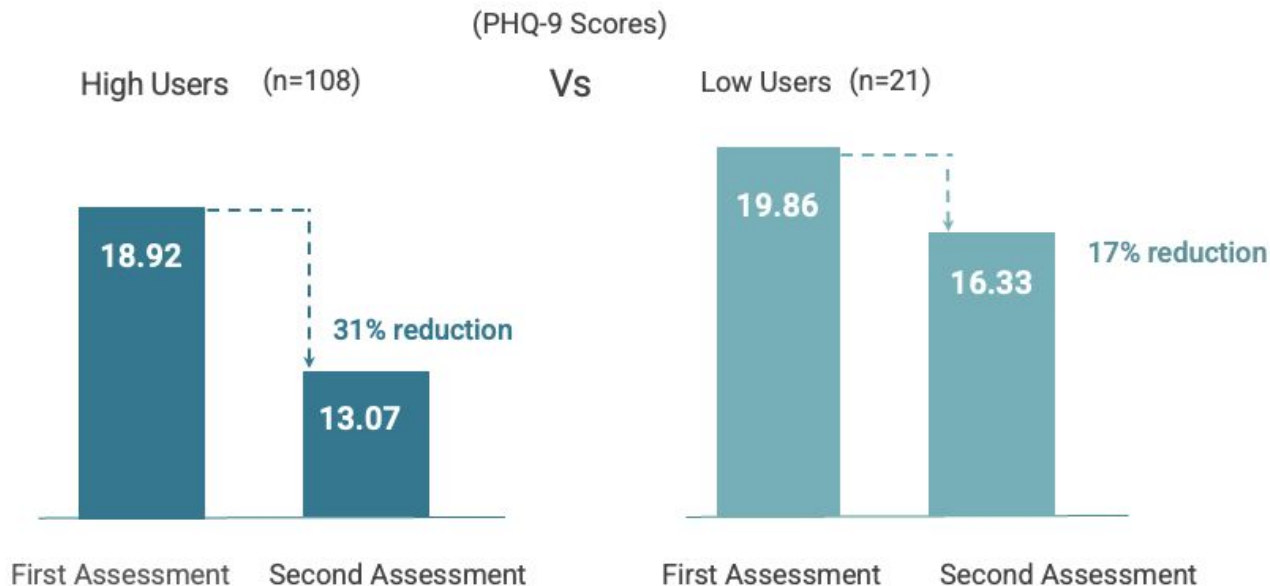
Improvements in symptoms of depression after 28 days

*“The impact of digital self-help for members we identified as higher need is significant. The results demonstrate the potential as a preventive tool as well as providing on-demand support for those who need it.”*

**Dr Katie Tryon**  
Director of Health Strategy  
Vitality

# Clinically proven outcomes

## Clinically Significant Reduction In high-engagement **wysa** Users vs Comparison Group



# Economic case for AI-enabled stepped care

Across 50,000 employees, Wypa's client saved an estimated £23.3m per year

**Annual cost saving of £466 per employee**

## Savings from:

### Reduced absenteeism

- £5.6m per year
- £112 saved per employee per year

### Reduced presenteeism

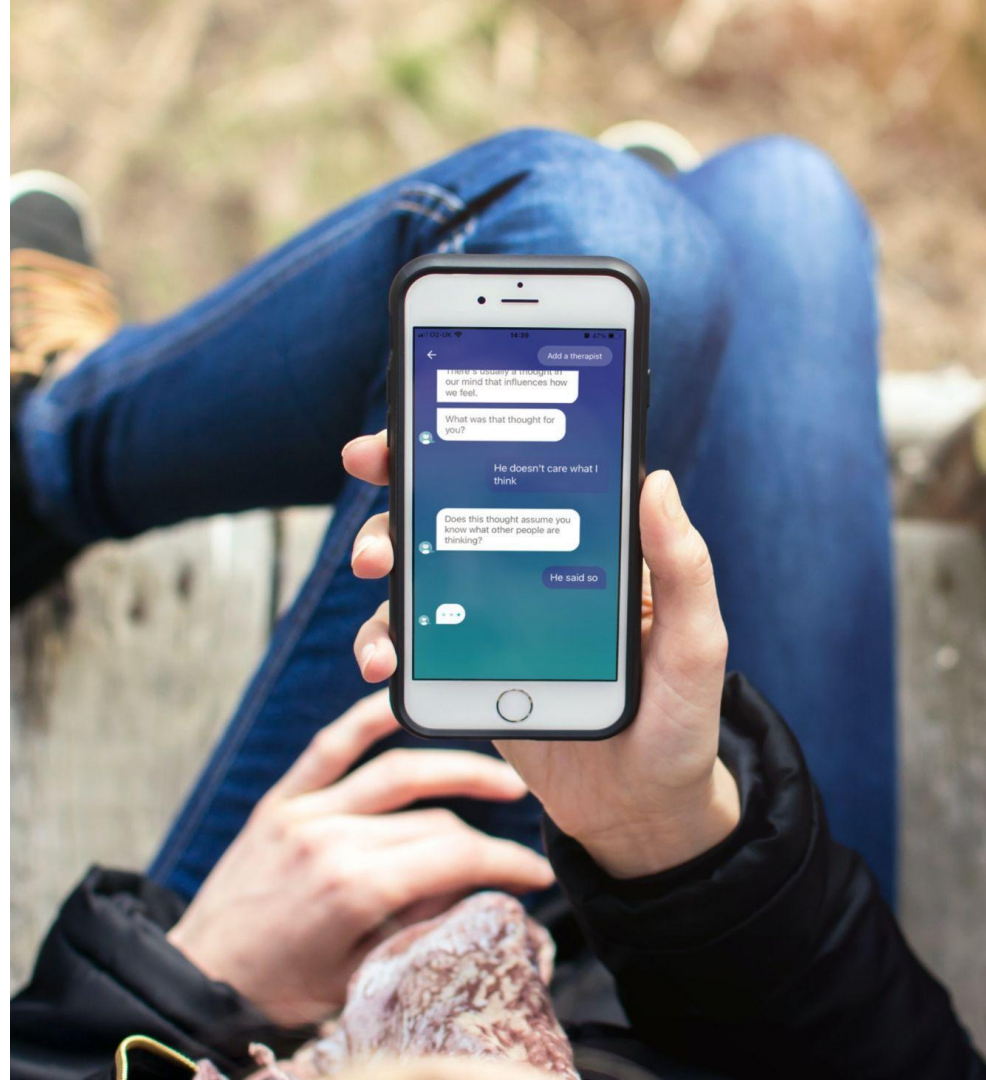
- £15.3m per year
- £306 saved per-employee per year

### Reduced turnover

- £2.4m per year
- £48 saved per-employee per year



How are *your*  
people doing?



# Free toolkit for HR and wellbeing directors

Discover hidden levels of suffering unique to your organisation with Wysa's **anonymous** employee mental health barometer measures your team's depression and anxiety scores

Free confidential report showing how your team's mental health compares to UK employee averages, to help you make the case for better wellbeing support

1. Scan the QR code and complete your details
2. Receive unique screening link
3. Share the link internally to survey GAD-2 and PHQ-2 scores

We'll collate the scores and provide your free confidential charts and report



# Questions?

Try Wysa Premium

One month free for  
Watercooler delegates

