



Mad World Summit

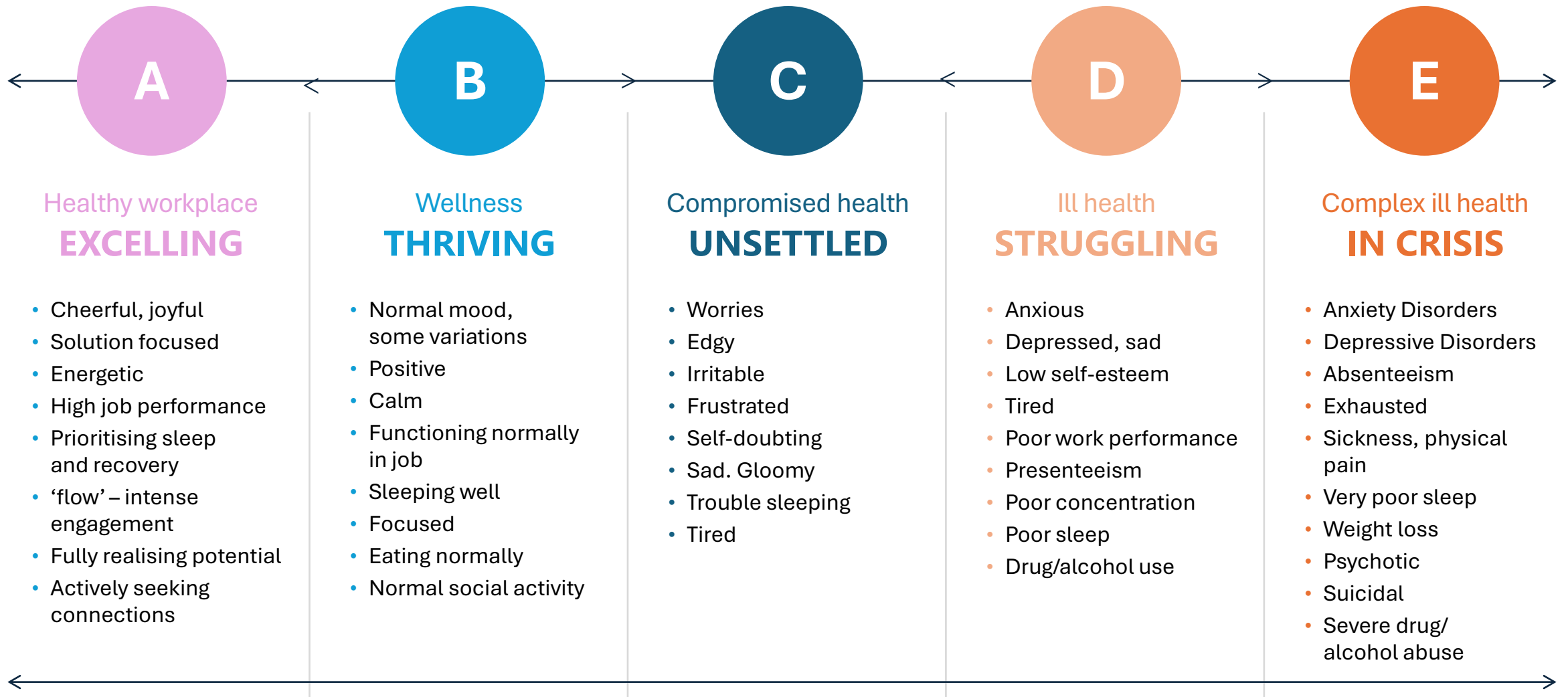
Personalised Mental Health and Wellbeing Strategy

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Mental health is dynamic and contextual

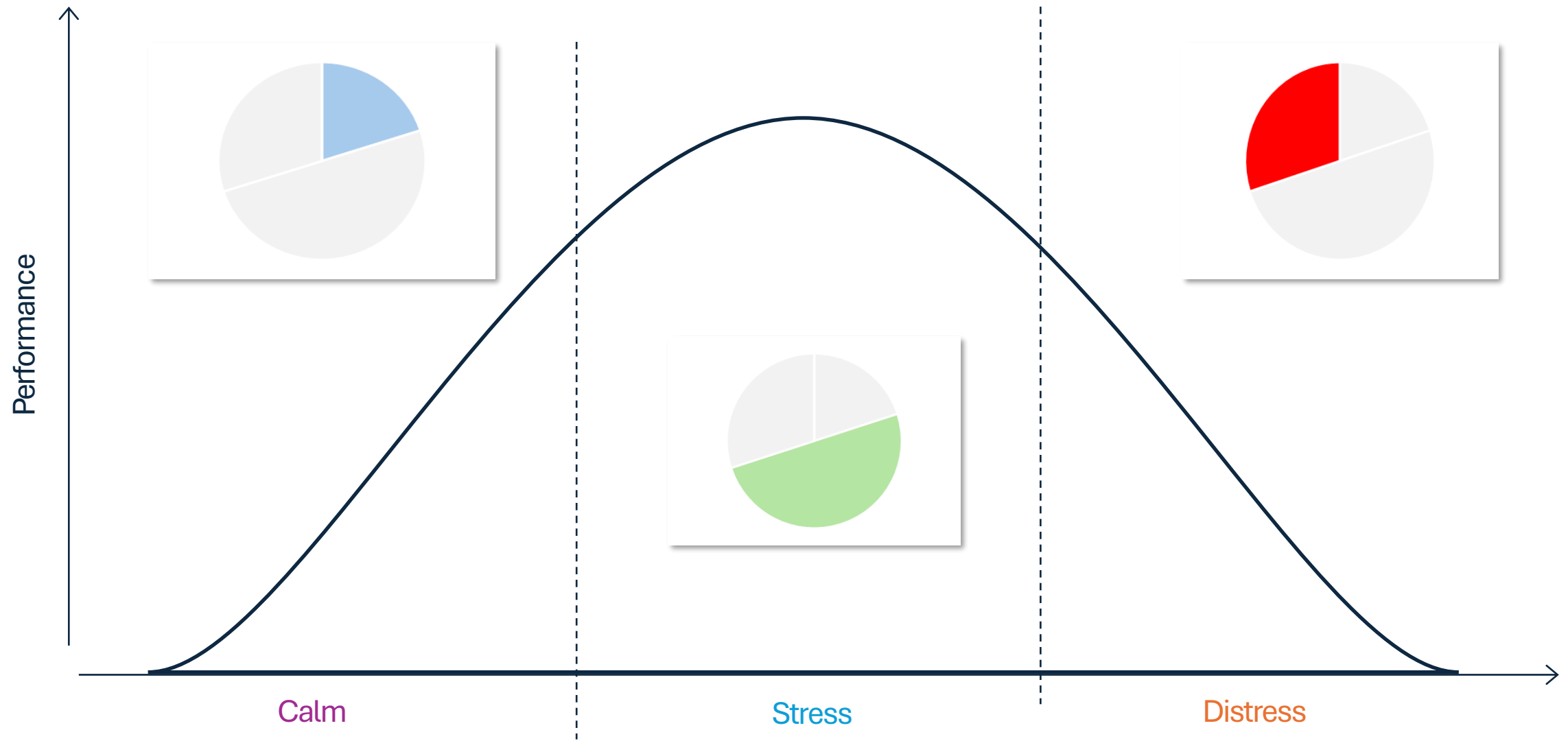


All of us are on a continuum of mental wellbeing

Effects of stress on performance



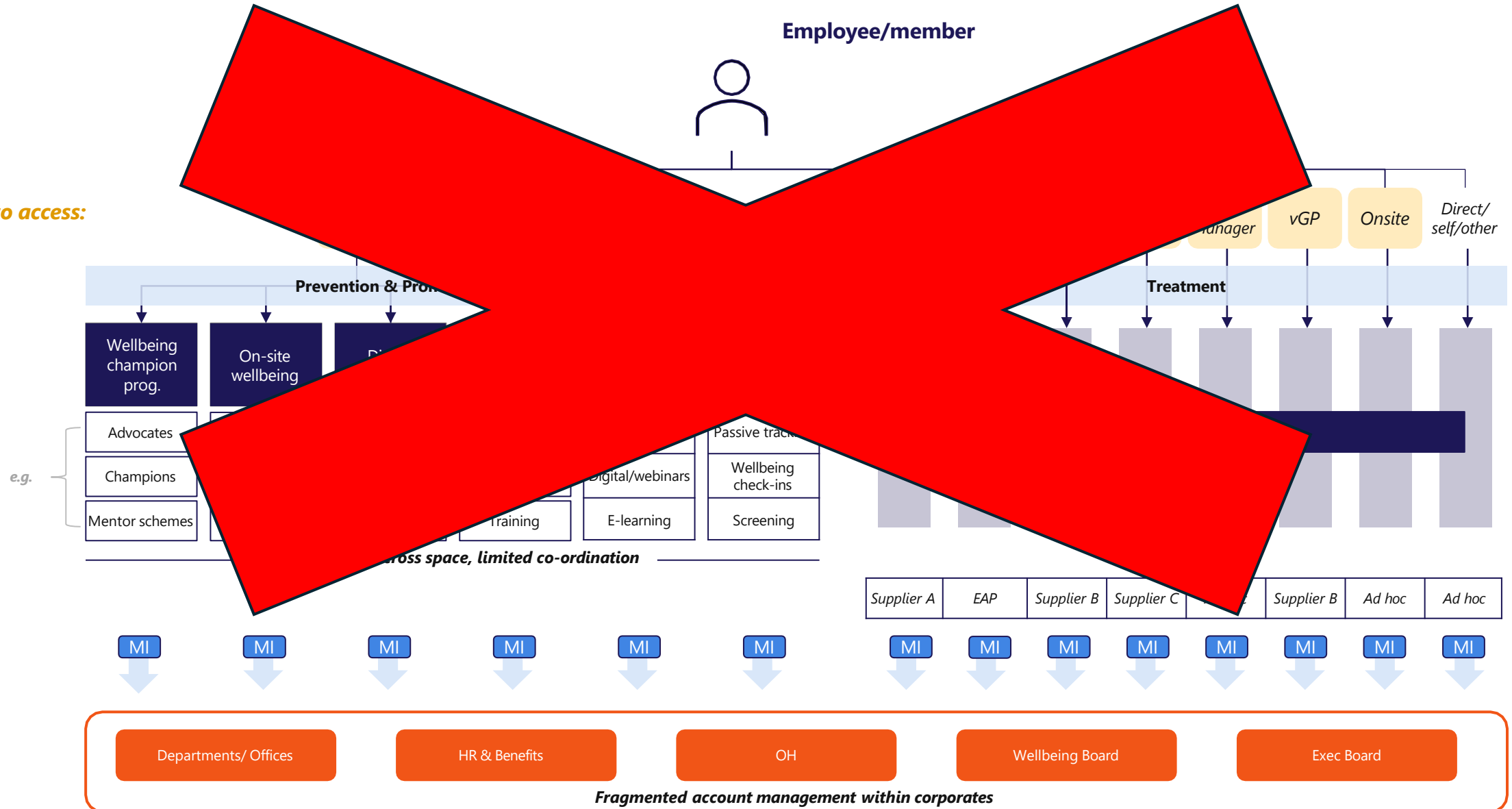
Our data informs this is your Team's likely distribution





Common benefits landscape

Routes to access:



An evidence-based approach strategy must combine both individual and organizational elements

Top three take –aways (No cost!)

- 1 Map your **current provision** against the continuum of health and wellbeing – **know your gaps**
- 2 Know your people , **ask them, measure them** and **stratify them, pre-empt** to offer **personalized benefits**
- 3 Ensure your people know **how** and **when** to access **which** services

Senior Stakeholder buy-in
is transformational

Workplace culture and
conditions are within your
control to change

Say it, Show it and Do It



Thank you

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