

Tech to the Rescue – The Latest and Greatest Tech Companies Tackling Mental Health Problems in the Workplace

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Mental health is a topic that has been historically characterised by stigma and dismissal across the workplace, the media and greater society. Yet with over one billion people now suffering from a mental health disorder worldwide, the conversation has jumped into the limelight. It is now time for the public sector and every industry to wake up to this surging epidemic and to offer ways in which we can move forward. Promising advancements are currently being made within the tech space and an increasing focus on preventative healthcare could transform the ways in which mental health and wellbeing are supported in the multigenerational workplace.

At the recent Mad World Forum in London, various mental health companies presented their innovative solutions to meet emerging needs, including increasing numbers of digital natives entering the workforce, and the imperative to support the older generation retiring later. In the Tech Talk session chaired by Tina Woods, CEO of [Collider Health](#), ten companies pitched to a panel of judges including Alan Greenberg (Founder of WideAcademy), Chris Tomkins (Head of Proactive Health, AXA PPP Healthcare), Karen Rivoire (Mentor at Microsoft Reactor), and Dr Gifty Jonas (Consultant Occupational Health Physician and Medical Director for R&D at GSK) in their bid to win the ‘Tech Talks Digital Innovation Award’. The companies were asked what was different about their product or service and how it could address employers’ and employees’ mental health and wellbeing challenges in the workplace. They were assessed using criteria including market need, calibre of innovation, user experience, sustainability and social impact.

The innovative ideas, widespread applications and bold visions of these companies certainly show that the tech world has heard the cries of the one billion. Due to their forward-thinking, interactive and innovative approach, Unmind was awarded the Mad World Digital Innovation Award. The runner-up was PSYT and special commendation for innovation was given to EQUOO. With the diverse, visionary and thought-provoking proposals put across from these companies, it leads one to feel reassured that the one billion people suffering from mental health disorders today, will be in the right hands, supported by the best technologies.

Here is an overview of all the companies that presented at Mad World:

1) The Wellbeing Project



The world's first psychometric tool and survey that measures resilience and its impact on wellbeing for working people.

Wra
Workplace resilience and wellbeing

Presented by:
Sam Fuller,
CEO and Founder

Jackie Barber,
Head of Assessments

With the often silent growth of mental health within organisations, The Wellbeing Project attempts to shine a light on the resilience and impact on wellbeing for employees. Using a 'proactive' framework, the company aims to provide expert advice, wellbeing assessments and resources across various industries and sectors. Through their psychometric tool, the technology provides a snapshot of employees' current mental health to help raise self-awareness, with a view to enhancing behaviours and approaches going forward.

The Wellbeing Project hopes to create greater awareness of the first signs or symptoms when wellbeing dips and by being proactive the risk of physical or mental wellbeing can begin to decline. The wellbeing report offered to users is separated into energy, future focus, inner drive, flexible thinking and strong relationships – in order to create a bite-sized and understandable assessment that can be reviewed and acted on. Once results are in, the scores offer insight and provide suggestions on priorities and steps forward for employees to a happier and healthier working life.

Find out more about The Wellbeing Project [here](#)



2) Unmind



Workplace Mental Health Platform

Unmind is an interactive mental health platform exclusively for the workplace, that centres around the vision that prevention is better than cure. The company offers scientifically-backed tools and training to enable people to proactively assess their mental health and then offers follow-up solutions and treatments.

The platform focuses on a range of areas including sleep, stress, productivity and supporting others. Support is offered through audio, video and interactive content to deliver bite-sized, manageable chunks of information. Unmind also offer assessments, including standardised questionnaires and mood diaries and provides actionable insights and personalised tips. Alongside these services, the company offers a 24/7 helpline and access to local healthcare providers.

Unmind reports that 89% of employees report higher confidence, awareness and understanding of mental health after using the platform and 30% of employees sign up to Unmind in comparison only 2-4% with traditional solutions.

Find out more about Unmind [here](#)



Unmind stand victorious as the winners of Mad World's tech talks digital innovation award. Credit: Mad World Forum.

3) Unicorn and Co



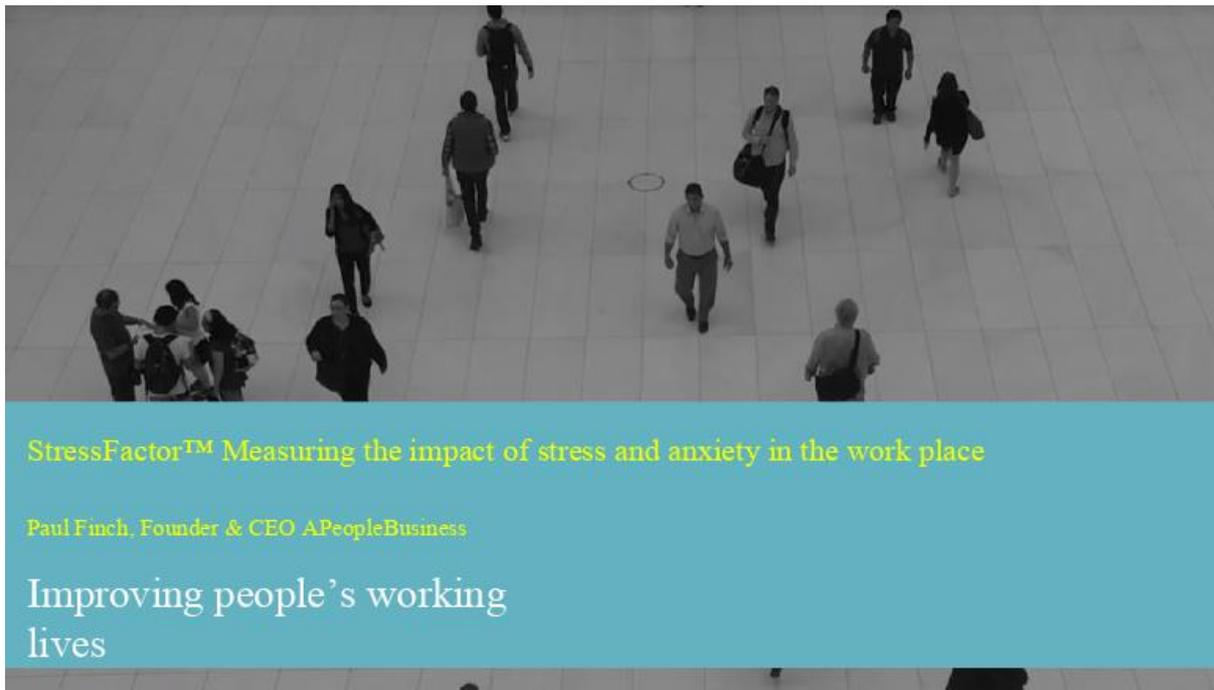
Unicorn and Co have been running for over 15 years and have worked with various household names including Nationwide, Shell, Sony and M&S. The company offers a range of internal wellbeing services in order to make the workplace 'less corporate and more human'. These services include workplace wellbeing open innovation and online wellness webinars.



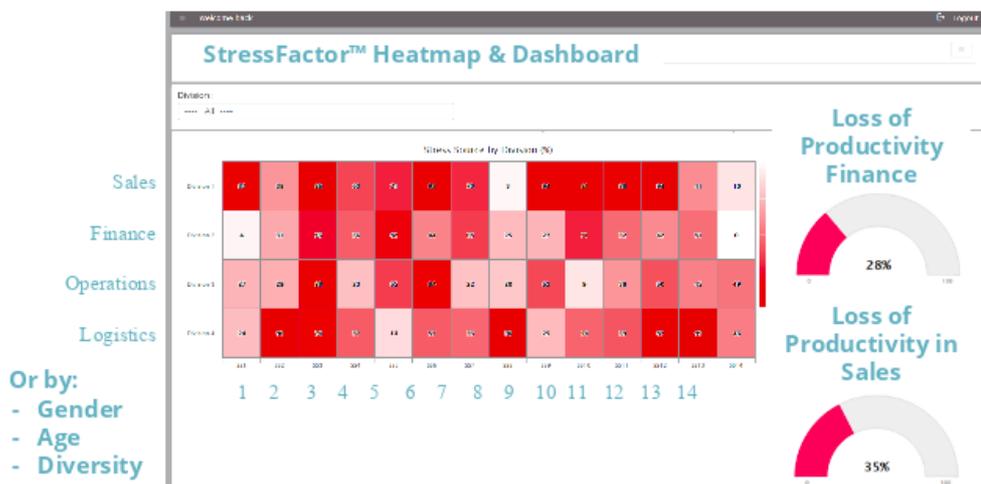
Unicorn have just released their digital workplace wellbeing platform which includes daily learning, downloadable toolkits, online forums, live video masterclasses, selfie coaching and progress reports and rewards. The company attempts to gamify the process of achieving wellness and engaging with employees in a colourful and fun manner. Unicorn works with a team of experts in sleep, nutrition, wellbeing, mindfulness and stress management in order to offer a rounded set of services to help increase wellness, positivity and energy in the workplace.

Find out more about Unicorn and Co [here](#)

4) Stress Factor



Stress Factor aims to measure the impact of stress and anxiety in the workplace through their psychometric tool which includes a heat map and dashboard to show to senior management a visualisation of the companies mental health levels. Stress Factor aims to identify hidden stress within the workforce to improve productivity, reduce risk and deepen company culture.



The service incorporates a personality psychometric, identifying probable causes to both leadership and HR leads, with the opportunity to drill down and dig deeper into the data. Stress Factor builds a platform for evidence-based intervention, where critical areas of concern can be strategically targeted and can become key drivers for future business change.

Find out more about Stress Factor [here](#)

5) PSYT

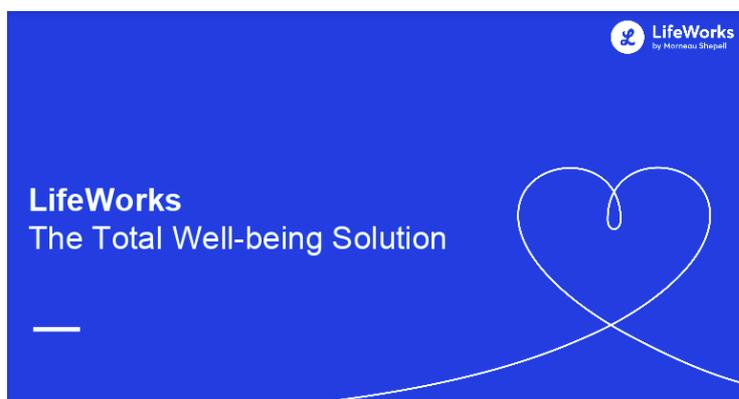


PYST have noted that work is often ‘miserable’ and therefore we must do more to fix it – they propose that businesses have two major problems – primarily, companies don’t fully understand or value wellbeing in their own organisations and secondly they can’t act to improve wellbeing at scale.

PYST have therefore devised an employee app to help them to understand wellbeing through reflections and insights and to then drive wellbeing through interactive practices and courses. This data is then anonymously sent through to the employer along with how they feel about the organisation, in order for the company to make subsequent improvements in the companies ethics and culture. They have calculated that a 10% increase in happiness enables for a 5.7% increase in companywide productivity, demonstrating the necessity of a happy workforce for a happy business.

Find out more about PSYT [here](#)

6) LifeWorks



LifeWorks has over 50 years of experience and has helped a vast 37 million people in 170 countries! Lifeworks centres around four pillars of wellbeing; social, financial, physical and

mental, with each of these areas being separately addressed by different services offered suitably.

For social wellbeing the LifeWorks app builds community through dialogue and peer-to-peer recognition within their mobile application. The financial wellbeing is then covered through regular financial assessments and perks and savings to help the user alleviate their financial pressures. The physical wellbeing is covered through health assessments, personal and corporate challenges and rewards and mental wellbeing is dealt with through hundreds of expert articles, bite-sized wellbeing content and self-directed learning. The company also offer 24/7 counselling either virtually or face-to-face with 28,000 counsellors available to their users.

Find out more about LifeWorks [here](#)

7) IPRS Health



IPRS follow the ethos that in life, people want and need the three Cs – control, confidentiality and confidence.

IPRS offers a strategy that aims to empower patients by putting them in control of their own recovery and wellbeing through a secure portal to provide self-help and education material to manage their own mental health conditions. Their website contains articles, video exercises, downloads, symptom checkers and instant messaging to provide a well-rounded and flexible service to their clients and to enable them to maintain and sustain a life with the control, confidentiality and confidence!

Find out more about IPRS Health [here](#)

8) Headtorch

Headtorch™

WORKS

blended online learning system

Stigma, Headtorch argue, is a major issue within the mental health debate, and organisations must remove it immediately. Headtorch aims to create positive mental health at work through a proactive approach to improving and looking after mental health at work. Headtorch was conceived from a collaboration with the psychology department at the University of Glasgow and acts as a blended learning package combining dramatic online content with face-to-face discussion groups. This e-learning tool includes three online TV documentary-style episodes that people watch and then discuss with colleagues.

It also includes downloadable resources to be used in the future to stimulate discussion around mental health in the workforce. The company also offers various other platforms including Headtorch XI, Headtorch Aware and Headway which offer strategy sessions for leaders, practical learning sessions for line managers, and learning development for the shop floor staff – so that all levels of the company can move forward in gaining a better headspace, together.

Find out more about Headtorch [here](#)

9) EQUOO

PsycApps is an evidence based digital mental health game development company using gamification and psychology.



PSYCAPPS DIGITAL MENTAL HEALTH
Who do YOU know whom we could help?

TE Forbes **TECH TIMES**



Equoo is a creative and inventive attempt to gamify emotional fitness for young people between 18-29. With 37% of 18-29 year olds having been diagnosed with a mental health condition, this application provides much needed support to this vulnerable demographic.

The app includes a series of lessons and challenges to teach the user about psychological patterns and emotional bids in order to help them understand their own cognition and behaviours. Once the user has mastered a skill set, they embark on a choose-your-own adventure game, where each level is a different genre, whether a sci-fi, love story or sword and sorcery, with challenges to use skills to level up.

The skills are empirically based on psychological research and psycho-education to leave users equipped with emotional and psychological skills that will help them get ahead in work relationships, family relationships and romantic relationships. Since its launch in July the app has had over 4,000 downloads and continues to grow in the UK, US, Canada, Australia and New Zealand and hopes to continue growing and teaching young people the value of understanding their own mental health.

Find out more about EQUOO [here](#)

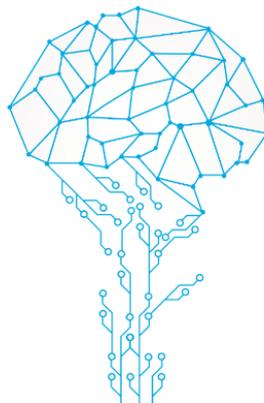
10) Cambridge Cognition


CAMBRIDGE
COGNITION
Neuroscience Technology

CANTAB BrainHealth™

Mental wellbeing screening

Dr Helen Morris
Healthcare Product Manager



www.cantab.com/brainhealth

info@cantab.com

Over the past 15 years Cambridge cognition have assessed over 1 million patients in their digital health apps in clinical trials with over 100,000 papers citing their technologies in peer-reviewed journals. The company develops validated neuroscience technologies to identify at-risk people earlier, monitor effectiveness of interventions and reduce global R&D and healthcare costs. According to Cambridge Cognition, over 70 million workdays are lost each year due to poor mental health in the UK alone, with a shocking 68% of employees reporting stress and mental health related illnesses.

In an attempt to combat this, Cambridge Cognition provides a computerised test to provide objective, valid and reliable measures of cognitive function including memory and planning

tasks, concentration, focus and impulse tasks, a mental wellbeing questionnaire and an interpersonal skills and mood task. Through in-depth measurements of mental health, Cambridge Cognition argue that they can identify mental health issues early to provide strategies to increase company-wide wellbeing and general brain health.

Find out more about Cambridge Cognition [here](#)

