

# Mental Health and Wellbeing Strategic Healthcheck



Employees perform at their best and are more resilience to challenge and change when psychosocial risk is well managed and positive mental health is promoted at work.

Zurich Resilience Solutions can help you to realise the benefits and mitigate the risks linked to mental health and wellbeing, whilst improving the overall resilience of your organisation and employees.



## Overview

We will work with you to understand the key drivers behind your strategy and the extent to which your policies and procedures support this and your organisational objectives. Our Risk Consultants:

- Review the scope and content of key documents including strategy and policy
- Discuss with management and workers how procedures and initiatives are implemented, and performance is evaluated
- Identify areas where you could improve or enhance strategy, policy and practice



## Our Approach

The method we follow:

- Is delivered remotely or on-site depending on your preference
- Takes about one day for the discussions with management and workers
- Provides a summary report with commentary, ideas and recommendations for improvement and enhancement
- Provides a consistent approach that includes a maturity score for the six elements of the healthcheck
- Can include a presentation on the findings to your Leadership team



## Benefits

The benefits of the healthcheck for your organisation include:

- You receive an independent opinion about the effectiveness of your strategy, policy and practices in delivering psychological health and safety at work
- Healthcheck indicators align to clauses within ISO45003
- Support for prioritising improvements and enhancements to your strategy
- Building links between organisational business aims and having a healthy and resilient workforce to deliver those aims



## Related Services

This service links to several of our other safety, health and liability services:

- FlourishDx psychosocial risk management platform
- Hybrid and Home working Desktop Review
- Employers' Liability Assessment
- Mental Health First Aid training
- Behavioural Safety Leadership training



## Zurich Risk Advisor

Our free-to-use app **Zurich Risk Advisor** allows you to undertake a basic assessment of your existing arrangements for managing risk as well as providing guidance for improvements, and insight on related topics.

- Reducing the risk of injury and ill-health
- Reducing stress and mental health decline at work
- Reducing the risk from working at home



For more details on any of our solutions,  
please speak to your usual Zurich contact  
or email: [zrs.enquiries@uk.zurich.com](mailto:zrs.enquiries@uk.zurich.com)

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