

Mental Health and Wellbeing Proposition Overview

A healthy and resilient workforce is essential to the long term sustainability of any organisation.

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



Overview

We have a range of services that are suitable for all sectors and sizes of organisations. They will help you if you are thinking how to:

- Reduce losses to the organisation
- Introduce suitable methods to assess psychosocial risk at work
- Develop initiatives to prevent mental ill-health
- Improve workforce resilience to challenge and change
- Support workers to return to work better
- Compare your performance across your sites
- Demonstrate your commitment to MHW



Mental Health and Wellbeing services

Current services include:

- Mental Health and Wellbeing Strategic Healthcheck
- FlourishDx psychosocial risk management platform
- Mental Health and Wellbeing Desktop Review
- Hybrid and Homeworking Desktop Review
- Mental Health First Aid training

Related services include:

- Employers' Liability Assessment
- IOSH Managing Safely training
- Behavioural Safety Leadership training
- Occupational Hygiene surveys



Zurich Risk Advisor

Our free-to-use app 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. [Zurich Risk Advisor](#)

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





Our Approach

ZRS services include remote, digital and face to face delivery:

- Views MHW with a risk lens – the opportunities and the threats to organisational sustainability and success
- Contact ZRS to find out which services best fit your situation
- Most services can be adapted to suit your needs
- Combines ZRS risk management expertise with services from our specialist vendors



Benefits

The benefits of selecting ZRS to support your MHW strategy:

- You receive an independent opinion about the effectiveness of your strategy, policy and practices in delivering psychological health and safety at work
- Strategic 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
- Uses the concept of Total Cost of Risk to evaluate the effectiveness and value of interventions and initiatives to improve MHW



For more details on any of our solutions,
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