

Mental Health and Wellbeing Desktop Review



Hybrid or homeworking can lead to better performance, improved work-life balance and greater productivity.

This way of working affects relationships, communications, use of technology and work culture. In turn, this can impact positively and negatively on worker physical and mental health and wellbeing (MHW).



Overview

Zurich Resilience Solutions will complete a desktop review of your organisation's mental health and wellbeing strategy and policy. Our Risk Consultants:

- Review the scope and content of these key documents and the extent to which they describe and enable you to deliver your MHW objectives
- Identify areas where you could improve or enhance strategy and policy to better deliver on your commitment to worker mental health and wellbeing



Our Approach

The method we follow:

- Is delivered remotely, with minimal impact on your time
- Provides a summary report with commentary, ideas and recommendations for improvements and enhancements to your policy and strategy
- Can include a presentation on the findings to your management or leadership team



Benefits

The benefits of the review for your organisation include:

- receiving an independent opinion about the effectiveness of your strategy and policy in delivering physical and psychological health and safety at work
- Support for prioritising improvements and enhancements to your strategy and policy
- 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:

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

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