

Employee Mental Health & Wellbeing Solutions



Zurich Resilience Solutions (ZRS) recognizes the importance of employee wellbeing and mental health for customers. Poor employee wellbeing and mental health can lead to low employee morale, poor workplace culture, increased costs from absenteeism, lost productivity, increased turnover, and declining work quality.

Our Holistic Wellness and Mental Health solution provides access to workforce resilience expertise and consulting services, helping customers target and reduce this business risk across their organization. Services include AI-enabled mental health consultation and support, as well as data analytics.



About the solution

- Consultation to review current programs and develop a comprehensive strategy
- Employee wellbeing and mental health baseline and ongoing analytics dashboard
- Ongoing, dedicated support for your organization and employees
- Anonymous, immediate, and confidential peer-reviewed 24/7 AI support
- Company-branded solution
- Built-in SOS pathways for crisis support

81% of employees feel at risk of burnout in 2022, up from 63% in 2019.

Entering 2023, HR and Risk leaders recognize employee exhaustion as a top risk to the workforce and place a heightened focus on mental health, social support, treatment access, and support for crisis, such as suicide and violence.¹



Program highlights

- **Peer-reviewed, proven resources:** Wysa is a proactive prevention solution proven to reduce symptoms of depression and anxiety by 30%. Consultations use natural language understanding vetted by clinicians to help create psychological safety, overcome stigma, and encourage people to discuss their concerns and challenges on average 3 times faster than with a human therapist.
- **Anonymous support** to help reduce stigma and create a safe space for employees.

Benefits to business owners & employees

- Improved employee safety
- Improved job satisfaction
- Increased productivity
- Reduced loss costs



Wysa Industry Awards & Recognition

Among many industry awards and recognitions, Wysa has been featured in more than **30 peer-reviewed scientific publications**, and participates in **7** ongoing grant-funded research initiatives.



Contact Us

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Reference

1. Mercer Global Talent Trends 2022-2023, <https://www.mercer.com/our-thinking/career/global-talent-hr-trends.html>

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