

Employee wellbeing & mental health is the core of our objective

Fostering employee wellbeing is good for your people and the organisation. Promoting wellbeing can help prevent stress and create positive working environments where individuals and organisations can thrive, especially considering today's fragile environment. Good health and wellbeing can be a core enabler of employee engagement and organisational performance.

Wellm8 now offers organisations to better manage the mental health and wellbeing of their people via text communication on their mobile phone. Not addressing these issues at an early stage generates many individual, organisation and social problems costing millions of dollars and affecting families and lives. Show your staff and the people in your organisation that you care and want what's best for them by offering this simple tool that can help save businesses time, money and most importantly the wellbeing of your staff.



Wellm8 Platform Functions

- FREE & simple to use on Android and IOS
- Get live feeds from staff on their moods and wellbeing
- Capture user, company wellbeing status and reports
- Live chat support for user with concerning feelings
- Creative button for employees to share ideas
- Points rewards system for employee activity
- Nominate your organisation to join Wellm8

The signs



Mental health and wellbeing is important. Our mental health is part of each of us. The COVID-19 pandemic and other challenges have resulted in many people feeling:

- down
- confused
- frustrated
- anxious
- depressed
- concerned about the changing situation and yearning for things to get back to normal.

Communication

With many things changing quickly, it's important to keep communicating with your family, friends, managers and your workmates. Be open and honest about concerns you have about returning to work or the work itself. This will help you to address issues, reduce conflict and adapt to the changes.



YOUR WELLBEING MATTERS!



Look after yourself

Looking after your mental health and wellbeing is just as important as your physical safety at work. We're all trying to build new skills to be resilient in ways we haven't had to before. If you're feeling concerned, it's not only OK to ask for help, but essential. It is important you build in time for sleep, exercise, and time to recharge, to help you manage this additional load.

Get support

Reaching out for support if you are feeling concerned can help you bounce back faster than keeping things to yourself. It may be with family and friends or through professional supports, but we all need support and advice from time to time.



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