



spectrum
.life 

Introducing

Total Mental Health

A game-changing mental health and wellbeing solution for employers, employees, and insurers.

The Problem & The Solution

The current mental health system is not working for employees

With a rise in hybrid working and a lack of social interaction, more and more employees are struggling with social isolation, loneliness and mental health difficulties. Unfortunately, **less than 1 in 4 people are currently getting the support they need** due to long waiting times, a reluctance to speak to a therapist, and confusion about how to proceed. We're changing all that by giving them an easy way to access the support they need.

A fresh approach to workplace mental health

We've revolutionised how companies can look after their employees' mental health with **Total Mental Health**, a wellbeing solution that sets a new standard. Early intervention, personalised care and continuous support are key.



What is Total Mental Health?



Total Mental Health is a complete mental health and wellbeing programme for employers, employees and insurers. We provide employees with unlimited **24/7 access to unlimited mental health and wellbeing supports**, including a personal Mental Health Coach and open-ended therapy, at the touch of a button.

We empower people to take control of their own mental health and give them the knowledge, training, tools and support they need to look after it on an ongoing basis.



What's different about Total Mental Health?

The right Coaching and Support at the right time for every situation.

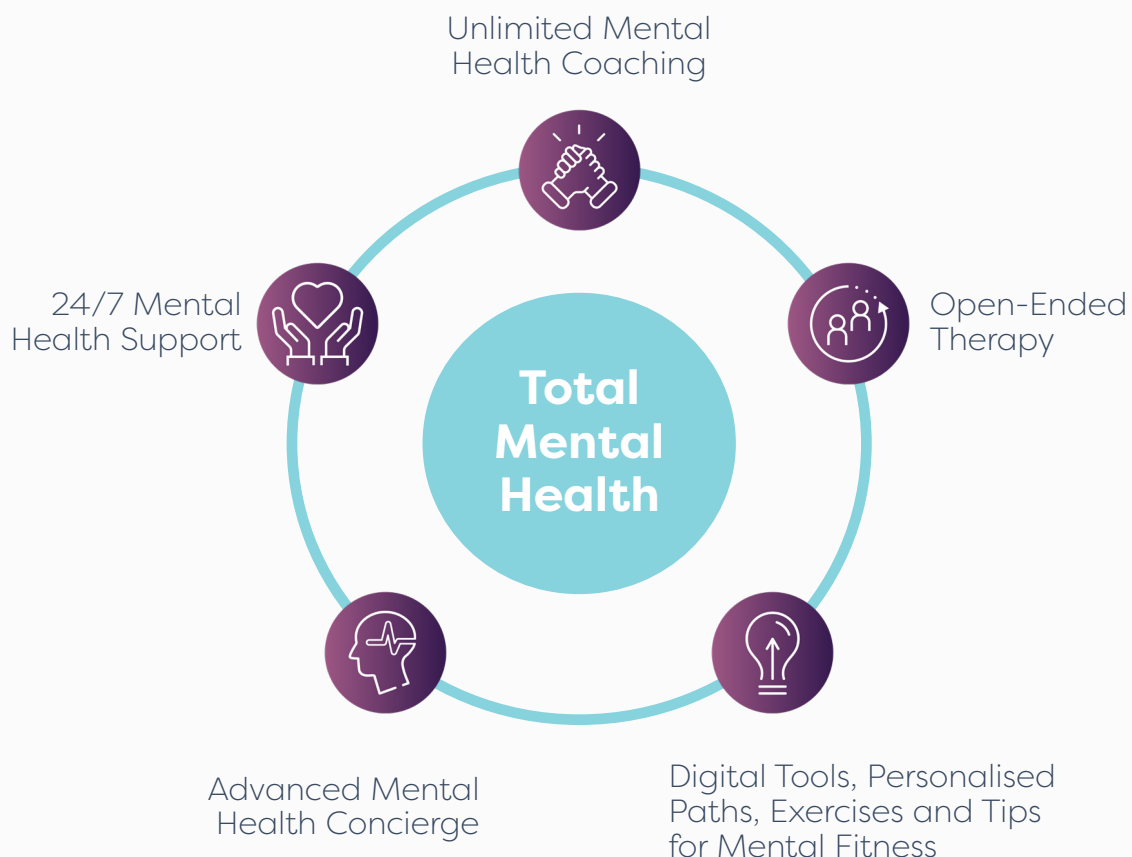
Total Mental Health goes much further than traditional EAPs to support employees. From health and lifestyle coaching to counselling and crisis referrals, we map out a personalised plan, matching people with the correct level of care for them.

A destigmatised solution that makes mental health supports easily accessible to all, from everyday health and wellbeing, to open-ended therapy, right through to referrals for crisis cases.

Engaging more employees than ever before.

24/7 access to qualified mental health professionals through live chat or via a free phone, email, WhatsApp and SMS.

Clinically-approved mental health content and e-learning, including mental health digital seminars and workshops.

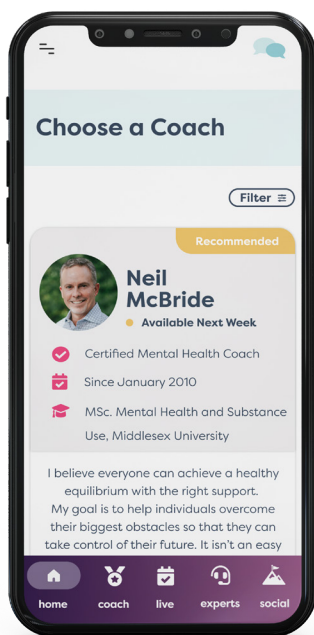


Unlimited Mental Health Coaching

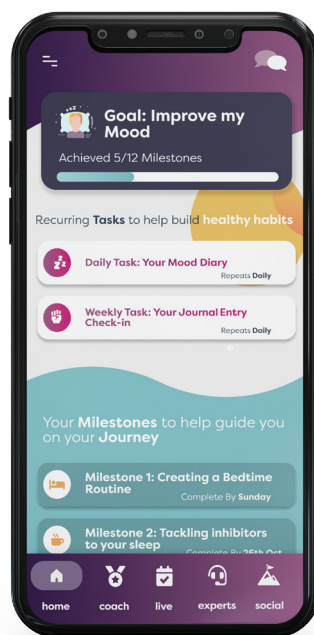


Here to provide support and set goals wherever and whenever employees need it.

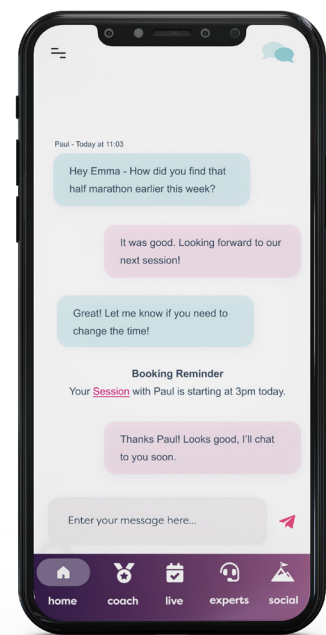
- Employees **select their own Mental Health Coach** based on their personal preferences in terms of gender, age, interests and bios.
- **Live One-to-One Coaching.** Kicks off with a 45-minute introductory one-on-one session to map out a personalised path.
- **Employees choose the areas they want to work on**, including ‘Building Confidence & Self Esteem’, to ‘Managing Anxiety’ and more.
- **Regular live or text coaching sessions** to track and monitor progress.
- **Increased engagement** through Badges and Progression Model Sustainability Rewards, Challenges and Gamification.



Select your own Mental Health Coach.



Set your goals, identify barriers and find your motivation.



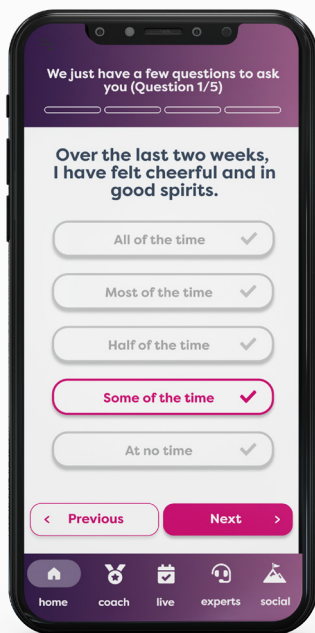
Receive ongoing feedback, exercises and tips.

Open-Ended Mental Health Therapy



Open-Ended Therapy is based on need, not quotas.

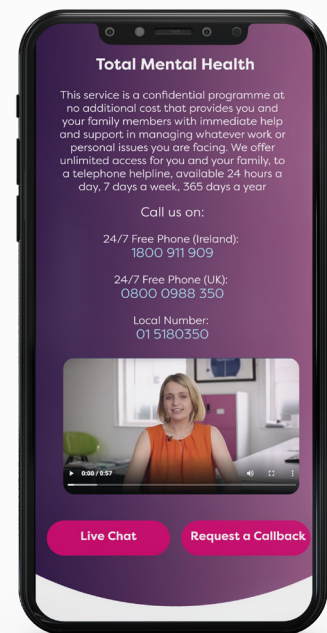
- Access to Therapy Sessions and our **network of 1,000+ Counsellors** within 48 hours of a referral (vs 28 Day Target in the NHS).
- **A Feedback-Informed Treatment Model (FIT)** to ensure that Counselling is provided for as long as progression is possible.
- Link through to Mental Health Coaching or Advanced Mental Health Concierge to **ensure the most suitable care at all points.**



Provide feedback to ensure your personal requirements are being met.



Video counselling with a mental health professional.



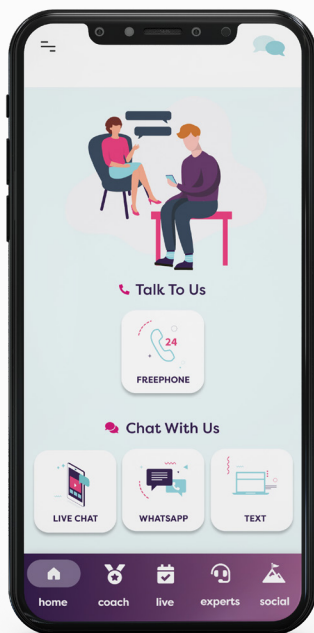
Connect with 24/7 Mental Health Support and Therapists whenever the going gets tough.

Advanced Mental Health Concierge

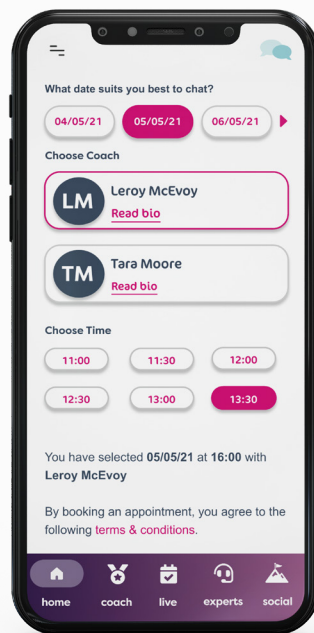


Ensure that no Employee gets left behind, especially in complex cases and critical incidents.

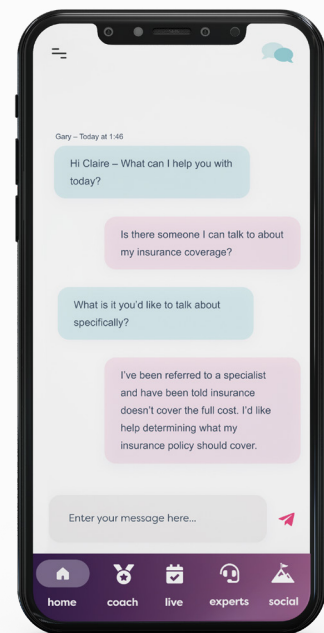
- Overseen by **Senior Chartered Psychologists**. Complex and High Distress cases will be supported by our Advanced Mental Health Team.
- Care and Support into Inpatient Facilities, and **Referral to a Mental Health Specialist** and mental health occupational assessments.
- Mental Health Insurance Benefit Navigation
- **Community Supports** via Connected Networks
- Recommended Digital Therapeutics
- Connection to your Company's **existing supports**, such as Mental Health First Aiders



Those in crisis get immediate 24/7 support.



Link in for a scheduled session with your Mental Health Coach or a Therapy Session with our Therapists.



Our team will help you navigate the mental health system.

Tools and exercises for Mental Fitness



Mind, Body & Life

Choose from 8 key focus areas to build confidence and self-esteem, manage anxiety and stress, improve sleep and mood or help with relationship and work issues.

Your Journey

Our Team of **Mental Health Coaches** are on hand to help you make the changes you want or need to make in your life. Whether it be emotional wellbeing, motivation, goal setting or a feeling that things are just a little off, our qualified and experienced coaches are here to help.

[Start](#)

Communication Skills

Set aside some time in the morning to focus on your goals. It will help you conquer the day.

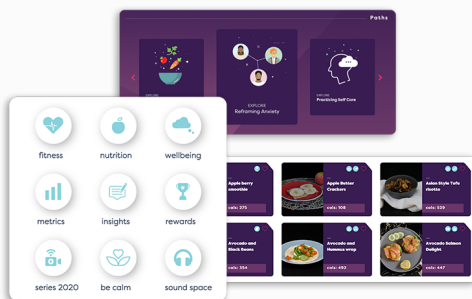
42 people like you joined

Stress Management

Being busy isn't the be-all, end-all. Join this challenge to discover the benefits of slowing down.

75 people like you joined

Explore Coaching Pathways

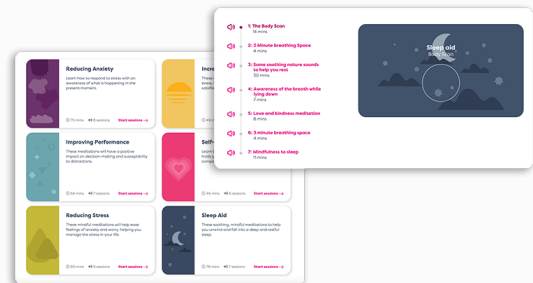


Assessments & Insights

Better understand your current workforce health and wellness challenges. Put those insights to work for healthier, happier employees.

Self-guided Meditation

BeCalm reduces anxiety and stress, improves sleep and increases happiness, one module at a time.



Virtual Events

Upcoming virtual events you can take part in:

- Mental Health in the Changing World - 06 Oct 9:15 - 10:00
- Stronger Together - 13 Oct 9:15 - 10:00
- Mental Health in Children & Teens - 20 Oct 9:15 - 10:00
- Return to the Workplace - 27 Oct 9:15 - 10:00

Explore Sound Space

Welcome to Sound Space your new go-to destination for all the latest podcasts in the world of wellbeing. Explore our four featured shows, each with their own unique theme, such as Parenting, Mental Health, Nutrition, and Wellbeing. Bringing you real life stories, and advice and hosted by experts with special guests appearance each week. Tune in for regular podcasts weekly or explore a tailored range of alternative podcasts in our top picks section below.

We hope you enjoy.

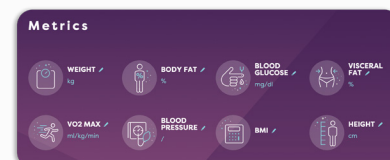
Please note that these conversations are not medical advice. All individuals should consult with their healthcare professionals regarding any individual concerns.

The Wellbeing Studio & Podcast

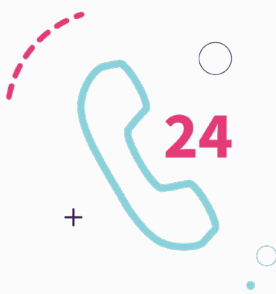
Our Live Seminar Series sets the benchmark for conversations with wellbeing experts. Soundspace opens the door to exclusive health and wellness topics.

Tracking Tools

To track and monitor progress and help you stay motivated.



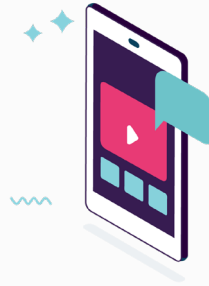
24/7 Mental Health Support



FREEPHONE



**WHATSAPP
AND TEXT**



LIVE CHAT



**ONLINE
PORTAL**

The reassurance and peace of mind of knowing that your Employees, Leaders and Managers can speak to a Qualified Counsellor anytime, 24 hours a day, 365 days a year.

- **Beat waiting lists** by getting qualified In-the-Moment Support when and where members need it.
- Instant support with over **95% of interactions picked up in 60 seconds or less.**
- Support provided in **over 25 languages**, including Sign, Polish, Punjabi, Arabic, French, Welsh and Gaeilge.
- In-the-Moment Support **seamlessly integrates with the rest of our Total Mental Health supports**, directly into Therapy or to more Advanced Mental Health Supports.

Support for every single employee

Complete Mental Health Support for Every Single Employee

Every single employee in your company can benefit from mental health and wellbeing support, yet employee engagement levels run at 6-8%.

Total Mental Health normalises making mental health a priority by providing quick and easy access to support and counselling services 24/7 and will get more employees engaging than ever before.

Looking after Mental Health shouldn't be a One-Size-Fits-All Solution

Everyone's mental health and wellbeing needs are different and these may change over time. We take a holistic approach to mental health, considering mind, body and lifestyle and providing a complete range of supports to enhance every aspect of their lives.



Impact Stats

Looking after your employees' health is win-win for everyone

Looking after our clients is our top priority and our services deliver measurable improvements in their mental health and overall wellbeing.

90%

decrease in employees reporting as severely depressed

20x

increase in mentally healthy employees

6:1

return on investment

43%

increase in productivity

Employees feel happier and healthier:

- Empowered and supported to look after their mental health
- Access to the tools to tackle issues they need to work on

Their companies reap the rewards:

- Reduced absenteeism
- Increased loyalty and retention



Other Wellbeing Solutions

We take a holistic approach to mental health and offer **an extensive range of wellbeing services**. We provide whatever supports are needed across body, mind and life with a comprehensive range of additional wellbeing services.

Mental Health Training & Events:

We provide **over 5,000 digital health and wellbeing seminars**, workshops and 1-to-1 consultations each year across 250 topics, delivered by experienced professionals.

Digital Gym and Wellbeing Series:

A Digital Gym with access to **live and on-demand fitness classes**, topical Wellbeing Series and bespoke events delivered by experts and guest presenters from our dedicated Digital Wellbeing Studio.

Digital Clinics:

Access to Video sessions with Physios, Nutritionists, Parenting Coaches, Sleep Coaches, Ergonomic Specialists and more.

Strategic Supports:

Every organisation is different so we can **tailor your Wellbeing Strategy to suit your company's needs and priorities**. We can advise on and support with everything from staff training, branding and design, the launch programme, rollout and encouraging engagement to measuring success

About Spectrum.Life & Who We Work With

Who is Spectrum.Life?

Spectrum.Life is one of the **largest providers of employer health and wellness services** in Ireland and the UK and the organisation you can trust with employee Mental Health.

We support over **1 million users** across more than **1,500 organisations**, with access to over **1,000 Coaches and Therapists**.

Who We Work With

We look after over **1,500 clients** including:

Huhtamaki

TESCO



Greenergy

AMGEN®

Get in touch

If you'd like to find out more about how Total Mental Health can help you look after your employees' mental health and wellbeing, give us a call and we will be happy to talk you through it.





wellbeing@spectrum.life

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