



# Mental Health and Wellbeing Support for your Employees

We're the digital mental health experts, and we put choice at the centre of our platform.

## Digital tools to build mental resilience in the workplace delivered by the UK leader in online mental health and wellbeing

XenZone is the leading digital mental health provider to the NHS and is now offering its services to organisations.

Our digital services provide immediate access to resources that allow the user to go on a journey of self-discovery.

During this journey the user builds resilience through education by reading curated articles and by participating in forums that are part of our moderated community. This allows them to normalise their condition, as they discover that many other people feel the same way as they do.

We also provide access to self-help resources such as mood journal and goal setting. Should the user feel the need to talk to someone they can send a message or click on the chat link and access online text-based counselling with our qualified counsellors. This solution provides support and ultimately leads to recovery and a thriving employee.

**“The lack of access to appropriate support is the number 1 issue for people with mental health concerns today in the UK.”**

With more and more people asking for help as the stigma associated with mental health is reduced, it is fast becoming an employer priority to provide effective services.

Organisations are also finding that traditional EAP services are not providing the support required as they don't address the low level mental health issues their staff are facing or the anonymity.

## What do employers need to do?

### Make accessing support simple and consistent

Employees need to know where to go when they need support. The Employer should focus on a service that is always available, and integrates with existing wellbeing initiatives including EAP, Manager Training and Mental Health First Aid Training.



### Put safety before anything else

Ensure mental health services that are provided have robust safeguarding measures, covering a broad spectrum of mental health challenges.



### Learn from your services

Mental health support should not just be a 'box ticked' - look for services that can provide valuable insights. XenZone's unique data set allows employers to identify areas of concern for their business and create solutions to ensure happier and more productive workplaces.



## What are the advantages of XenZone?

### A resilience building journey

Users can build resilience through education by reading curated articles and by using self-help tools. XenZone provides an end to end solution that is available 24/7/365.

### A safe online community

Peer-to-peer forums and signposting to mental health support within our moderated and fully safeguarded community.

### Accessible online counselling

Our BACP accredited service includes access to experienced, qualified therapists.



XenZone  
FUTURE THINKING FOR MENTAL HEALTH

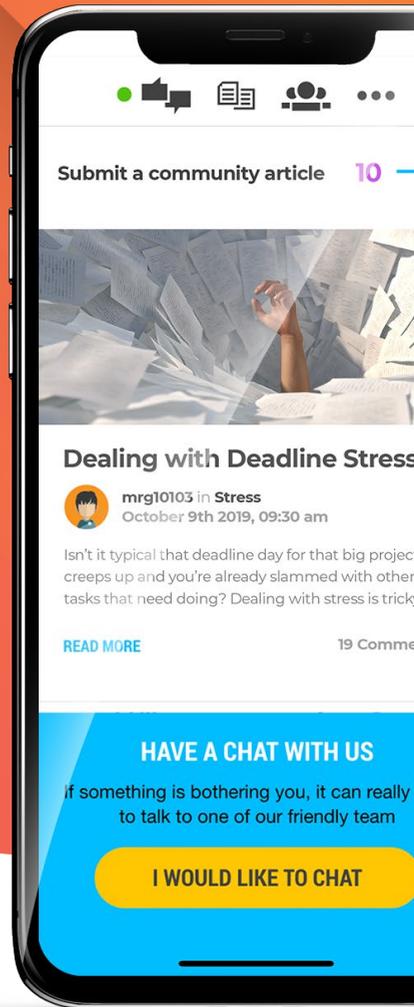
**A unique heritage built alongside the NHS**  
- XenZone has been providing Mental Health solutions to the NHS since 2001.

During this time we have helped over 250,000 children and adults positively manage their mental health and strengthen their mental resilience.

Today, our services are commissioned across the country reaching over half of all 11-18-year-olds in England, as well as students on university campuses and adults, providing advice, clinical help plus risk support.

As an early intervention service, we provide preventative support as well as early response clinical interventions, helping to stop issues escalating by being there at the first point of need.

**We're always there by your side.** Providing advice on the go and helping people access better mental health support.



## Interested?

Talk to our Business Team today:

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