

# Unmind

# BETTER MANAGE PSYCHOSOCIAL RISKS AT WORK, WITH UNMIND

All good leaders want to protect their people. And, with the new WHS Regulations and Code of Practice, you have the power to spot – then prevent – psychosocial risks, and help people flourish at work. Here's how Unmind can help.

## Successfully manage psychosocial risks at work

Identify hazards, offer data-based insights and effective interventions



Identify hazards



Assess risks



Control risks



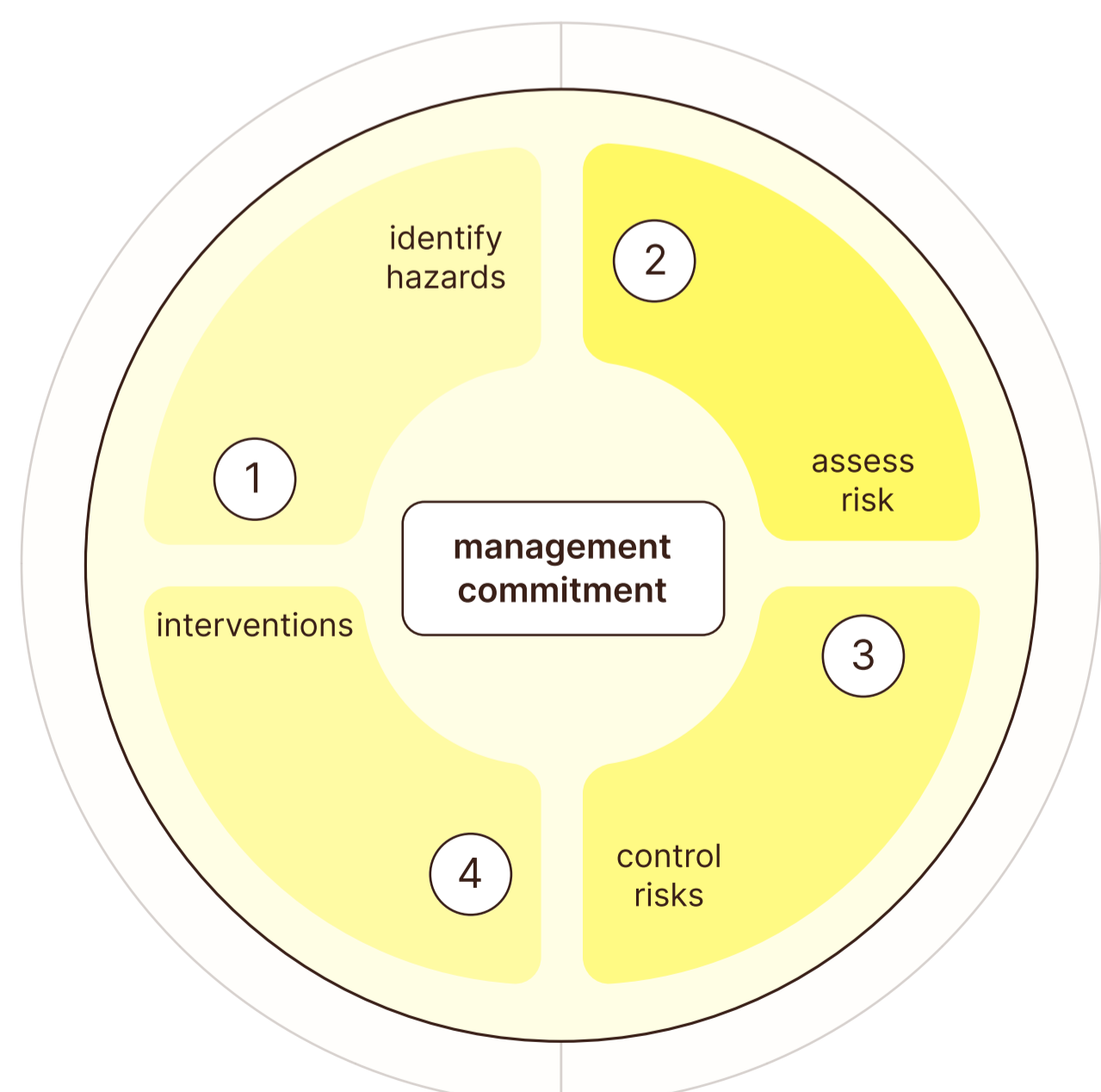
Interventions

### What Unmind is:

- Unmind provides support in **identifying hazards** and **reviewing control measures**, through Unmind Insights and Ignite sessions.
- We can help your company **prevent and control psychosocial risks**, via science-backed learning available within our Employee and Manager content library.













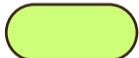
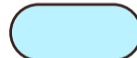









### What Unmind is not:

- **Unmind is not a full risk assessment on its own.** Meeting the requirements of the Code of Practice needs committed, ongoing and expansive investment, and action, from your organisation.



# UNMIND'S SPECIFIC, SCIENCE-BACKED, PSYCHOSOCIAL HAZARD SOLUTION

Psychosocial hazards are anything at work that may cause psychological harm. Unmind's comprehensive wellbeing platform and 'whole person, whole organisation' approach equips your organisation with the expert-led tools you need – to protect your employees from all kinds of psychological harm.

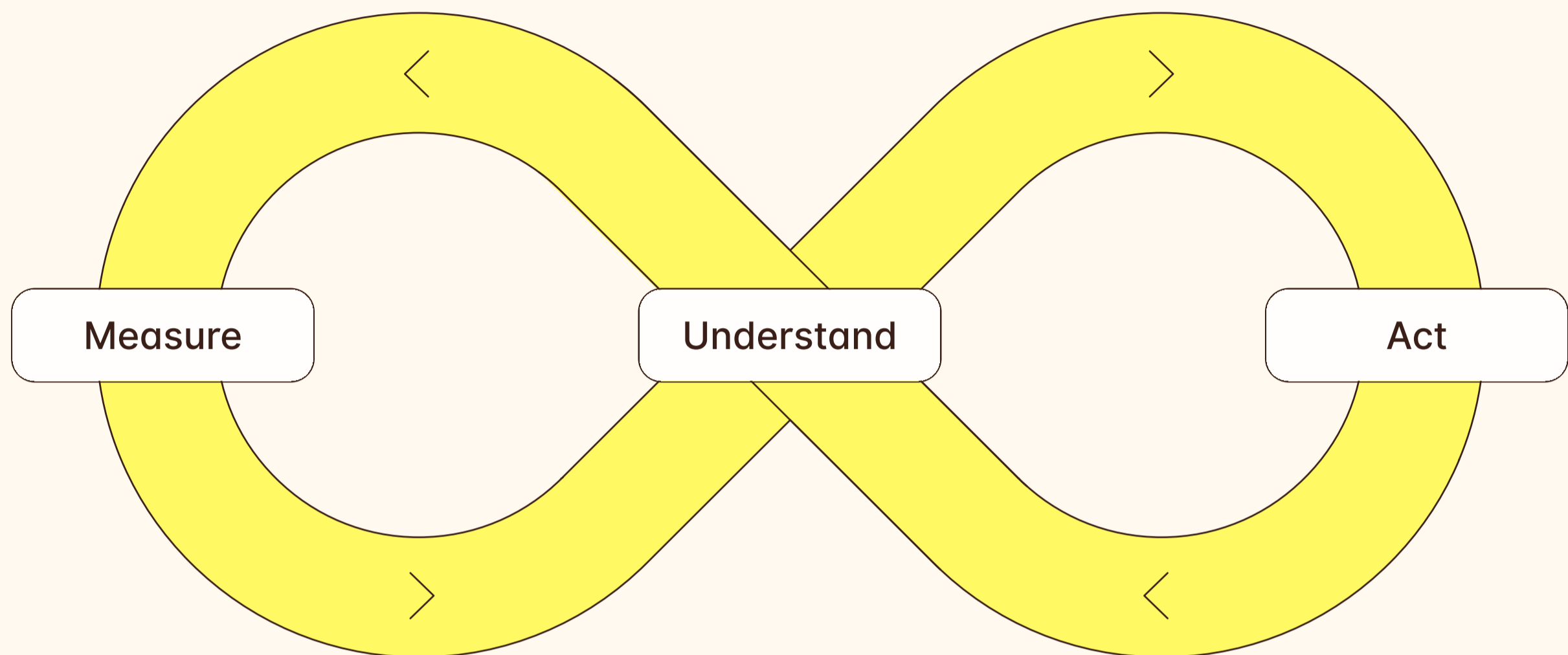
Increase resources	Reduce stressors
Role clarity <span style="float: right;">   </span>	Job demands <span style="float: right;">    </span>
Support <span style="float: right;">    </span>	Bullying and harassment, including sexual harassment, violence and aggression <span style="float: right;">   </span>
Organisational justice <span style="float: right;">  </span>	Poor organisational change management <span style="float: right;">  </span>
Worklife Balance <span style="float: right;">   </span>	Conflict, or poor workplace relationships/interactions <span style="float: right;">    </span>
Job control <span style="float: right;">   </span>	Traumatic events and material <span style="float: right;">  </span>
Rewards and recognition <span style="float: right;">  </span>	Poor physical environment; remote/isolated work <span style="float: right;">   </span>

## Key

-  Unmind Insights
  Unmind Elevate
  Signposting / Unmind Talk
-  Unmind Spaces
  Unmind Managers

# THE UNMIND APPROACH

Every workplace is different. Though 'one-size' or 'off-the-shelf' solutions often exist, they seldom work. To deliver real, lasting change, you need to adopt a systemic, whole company approach that's right for you. That is not only the tools, but the implementation and embedding into your organisation. Here's how Unmind can help.



## Measure

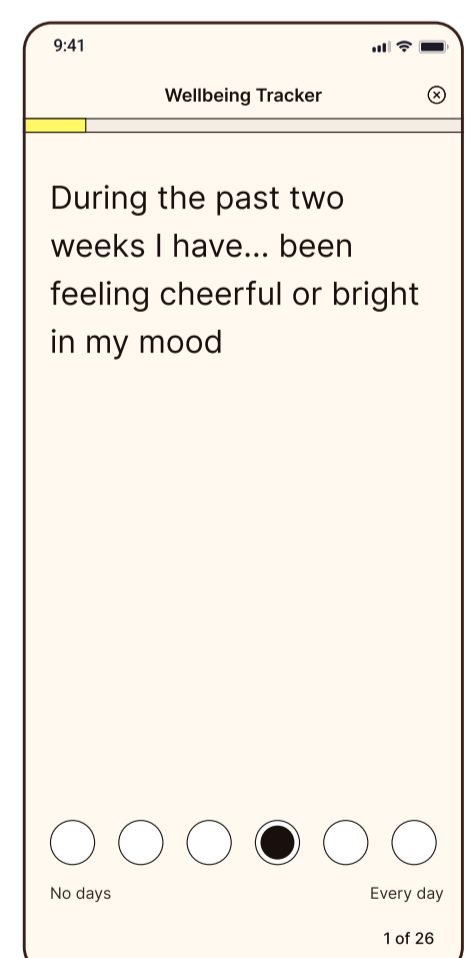
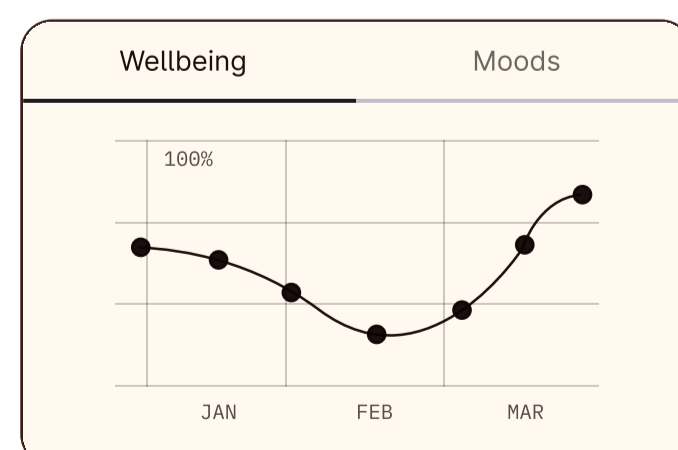
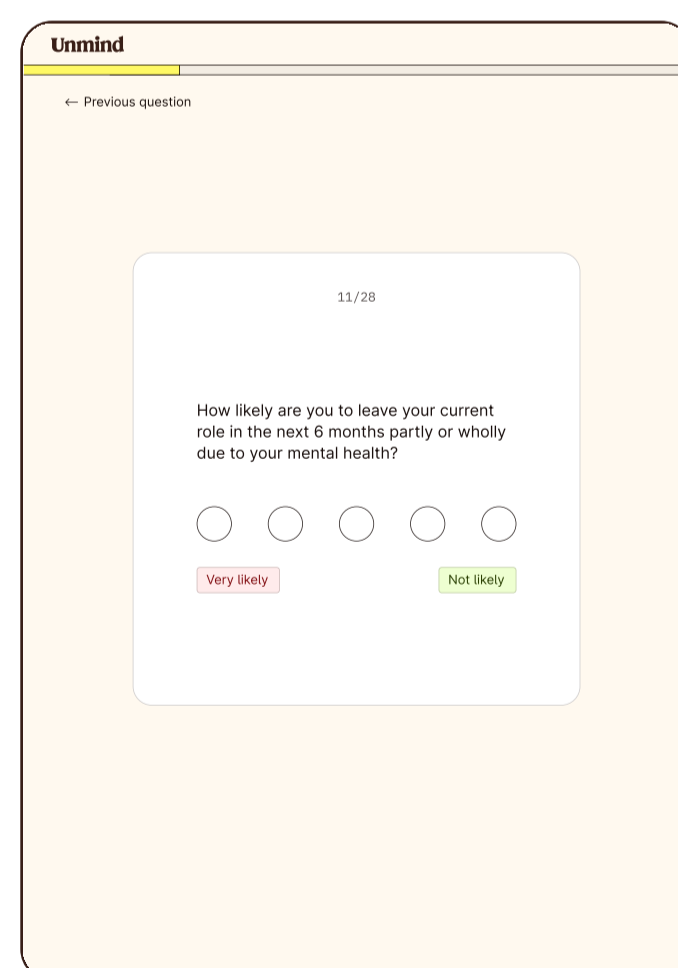
If you can't measure it, you can't manage it.

### Organisational wellbeing

- Use science-backed measures of workplace wellbeing.
- Understand how employees perceive your wellbeing support.
- Pinpoint challenges within your organisation and the impact.

### Employee wellbeing

- Use self-report, scientifically-validated assessments.
- Track how you score across key aspects of mental health and wellbeing.
- Identify areas of strength and opportunities for growth.



# Understand

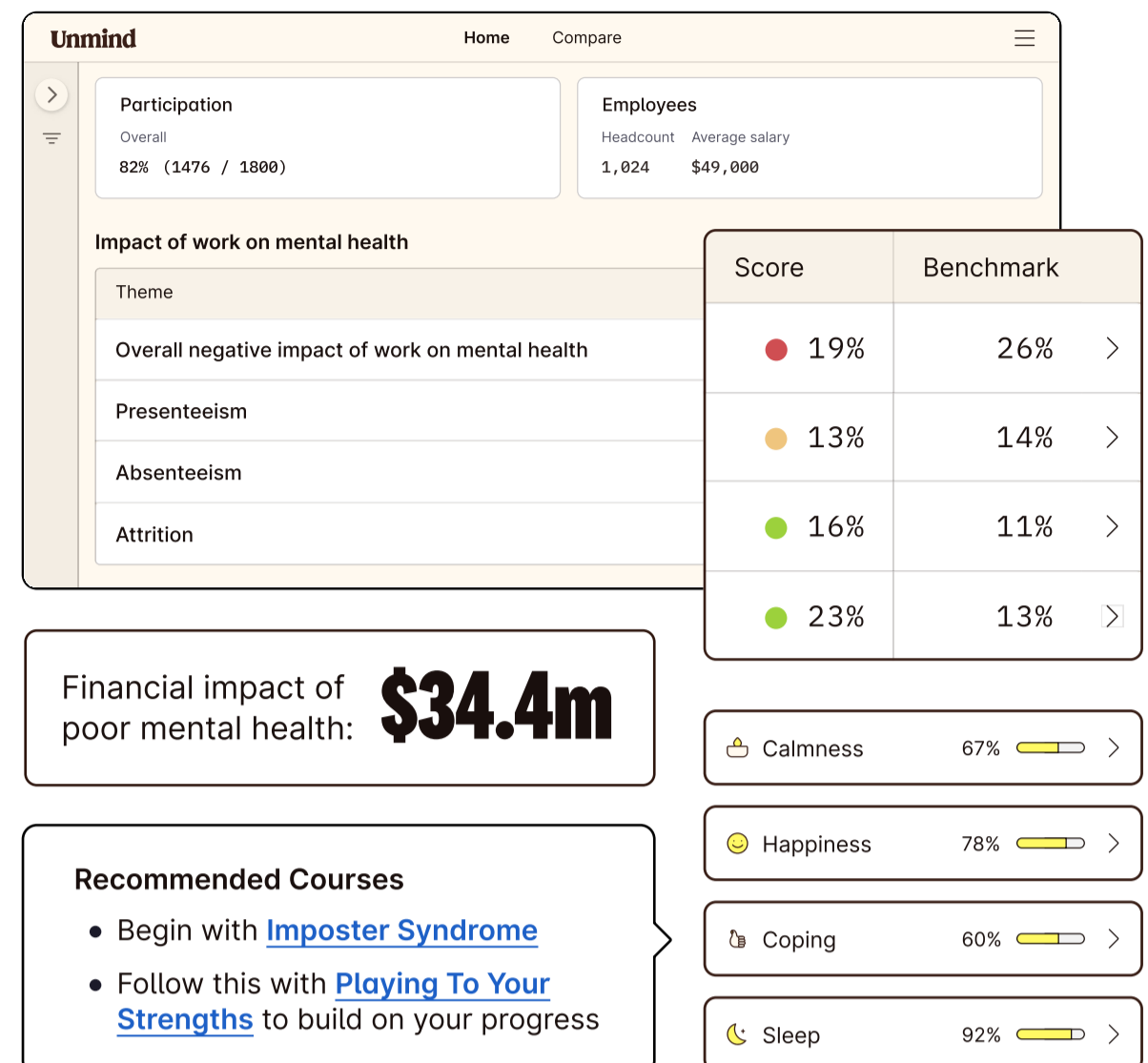
Turn data into meaningful insights.

## Organisational wellbeing

- Get science-backed analysis of workplace wellbeing for your organisation.
- Segment based on location, department and role.
- Access tailored recommendations to increase performance and help your organisation to flourish.

## Employee wellbeing

- Spot emerging and existing symptoms of poor wellbeing and mental health.
- Increase emotional awareness and understanding.
- Inform targeted campaigns to address key mental health issues.



# Act

Turning data insights into action.

## Organisational wellbeing

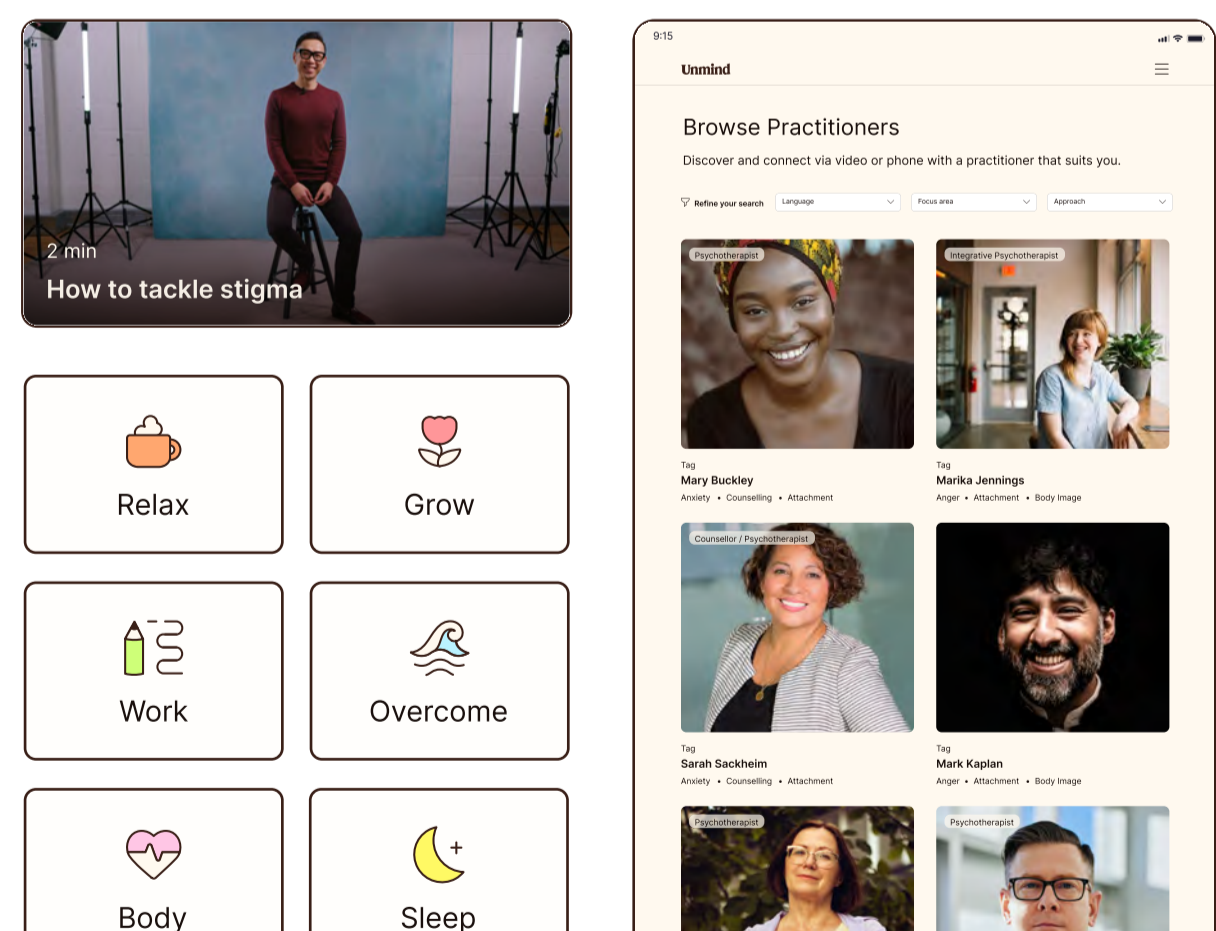
- Get tailored action plans for your unique needs.
- Segment actions against levels of effort and impact.
- Receive a variety of tailored interventions targeting multiple levels of influence.

## Employee wellbeing - Unmind Elevate

- Get personalised action plans based on wellbeing scores.
- Form healthy habits and tackle difficulties through evidence-based courses.
- Use in-the-moment tools to support wellbeing

## Employee wellbeing - Unmind Talk

- Offer individual level support to address specific difficulties
- Empower individuals to make change



Want to deliver better psychosocial hazard management at your organisation?

[Let's Talk](#)

**Unmind**