

wysa

# Mitigating employee mental health risk with AI

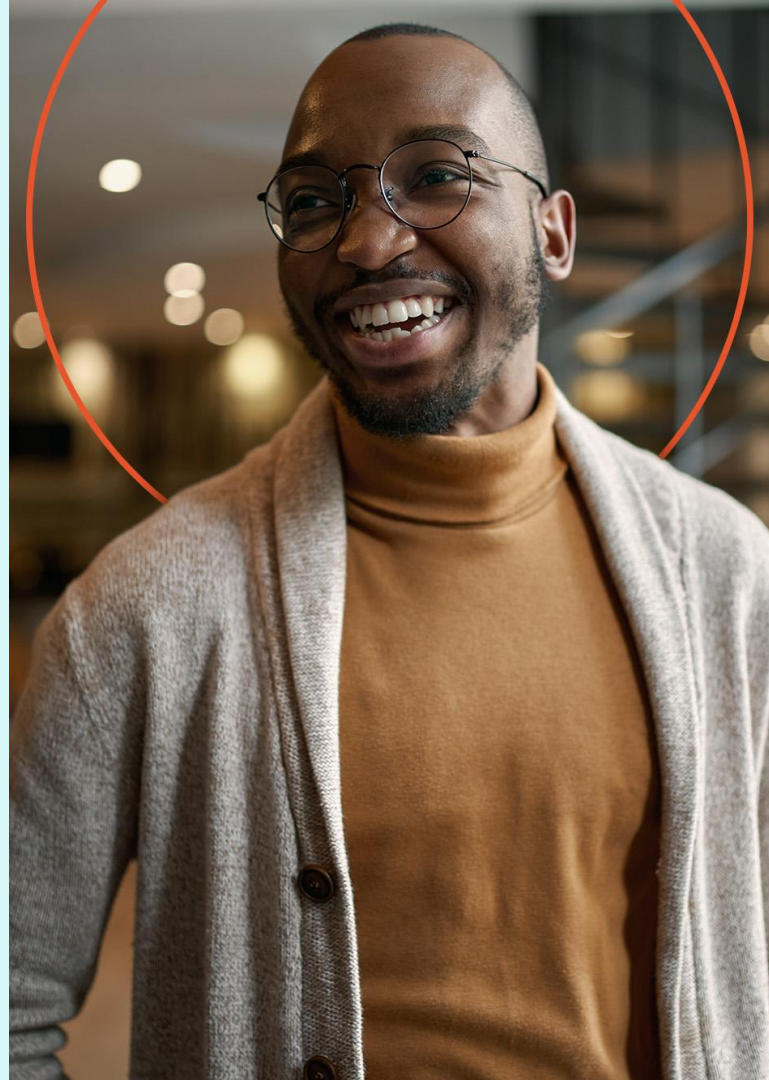
The bridge between preventative  
wellbeing and crisis escalation



# Work-related factors relating to **suicide risk**

1. Unmanageable workloads
2. Isolation due to work hours/location
3. Workplace bullying
4. Exposure to trauma
5. Work inspection pressures
6. Returning to work after extended sick leave
7. Lack of management mental health training
8. Change in work status/promotion pressure

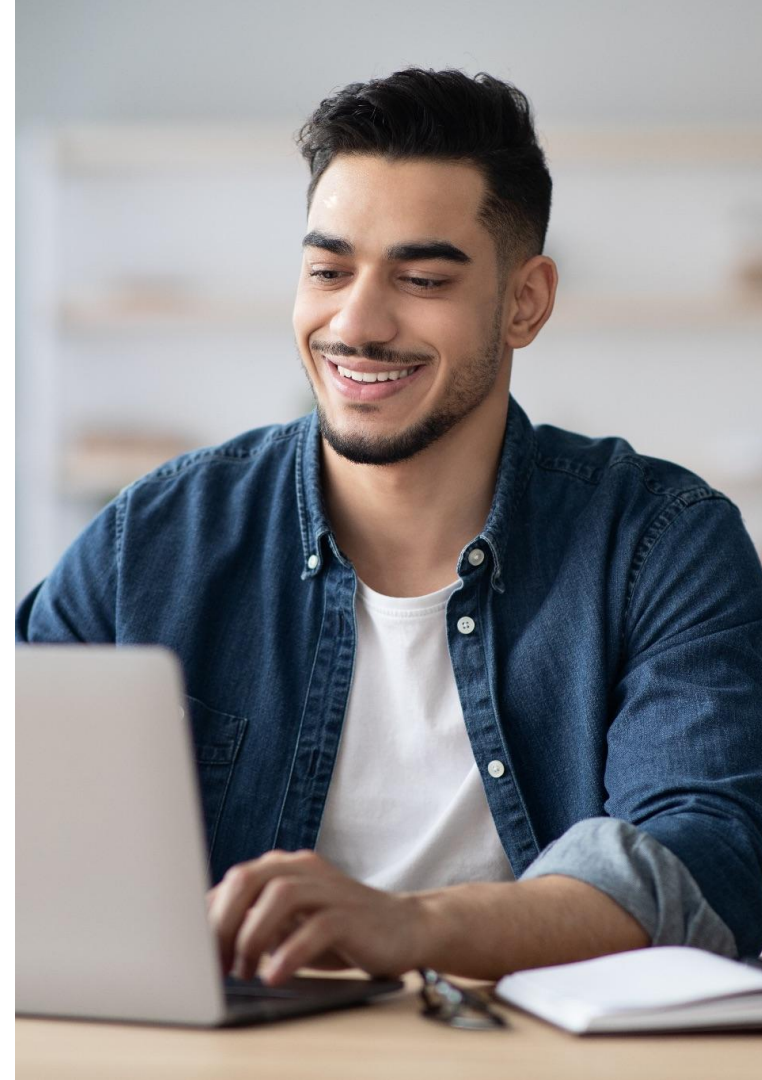
Source: Waters & Palmer 'Work-related suicide: a qualitative analysis of recent cases with recommendations for reform' (University of Leeds, 2021)



“

The failure to recognise, monitor and regulate work-related suicide risk poses a serious and ongoing threat to the health and safety of employees.

- Professor Amy Chandler,  
Professor of the Sociology of Health and Illness,  
University of Edinburgh



# Broadening crisis risk mitigation strategies

We recommend a two part approach to **employee crisis risk mitigation:**

1.

## Traditional methods

- Cultural change to encourage people reach out if they need help
- Training for managers to spot people in crisis
- Access to qualified human support for those struggling with symptoms

2.

## Added AI support and crisis escalation channel

Human crisis support is triggered one of three ways:

- Digital detection during AI conversation
- Clinical screenings and daily mood scores
- User hits SOS button

# Because existing support methods leave gaps

## Employee Benefits

### Preventative Wellness

- Mindfulness apps
- Health & nutrition advice
- Awareness campaigns

- ! **No measurement**
- ! **Little peer-reviewed evidence**

### Clinical Care & Therapy

- EAP
- Counselling
- Specific disorders support

- ! **Gated by a diagnosis**
- ! **Limited sessions covered**
- ! **Individual must ask**

## Crisis risk strategies

- Crisis point posters
- Mental health training
- Suicidal ideation spotting
- “Identify. Understand. Respond.”
- “Question. Persuade. Refer.”

- ! **Late intervention point**
- ! **Manager must pre-identify crisis**
- ! **Heavy burden of responsibility**

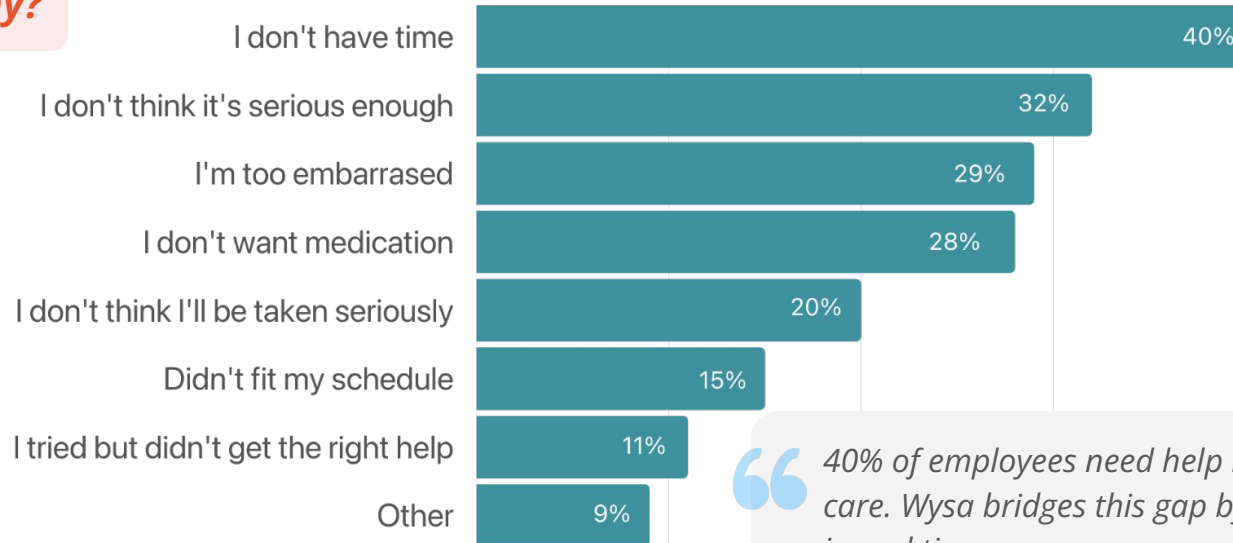
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The AI bridge between preventative wellbeing and crisis escalation

# The problem with traditional support is that barriers to help prevail

**1 in 3 employees who need help have not spoken to a healthcare professional.**

## Why?



*40% of employees need help but less than 3% access clinical care. Wysa bridges this gap by supporting day-to-day stressors in real time.*

# and employees aren't ready to talk to people

We asked workers who they'd rather go to about their mental health. Most employees chose a **mental health app** with personalized, clinically proven self-help resources **over anyone in the workplace**, and even their general physician.



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People are **3x more likely to open up to Wysa's AI** than even a human therapist.

How can we know if our employees are at risk?

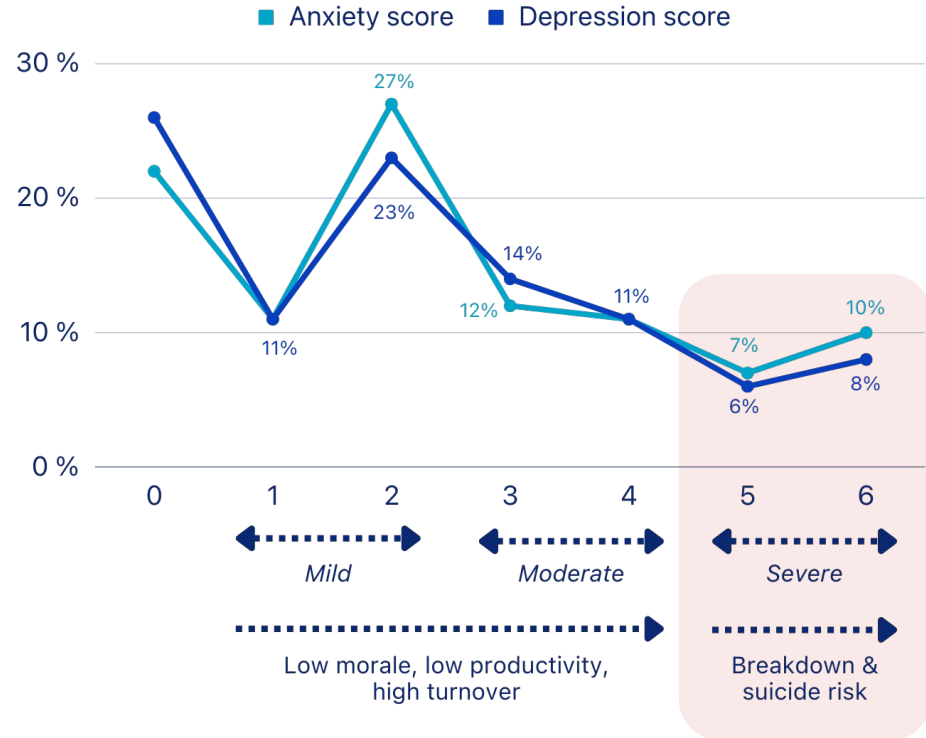




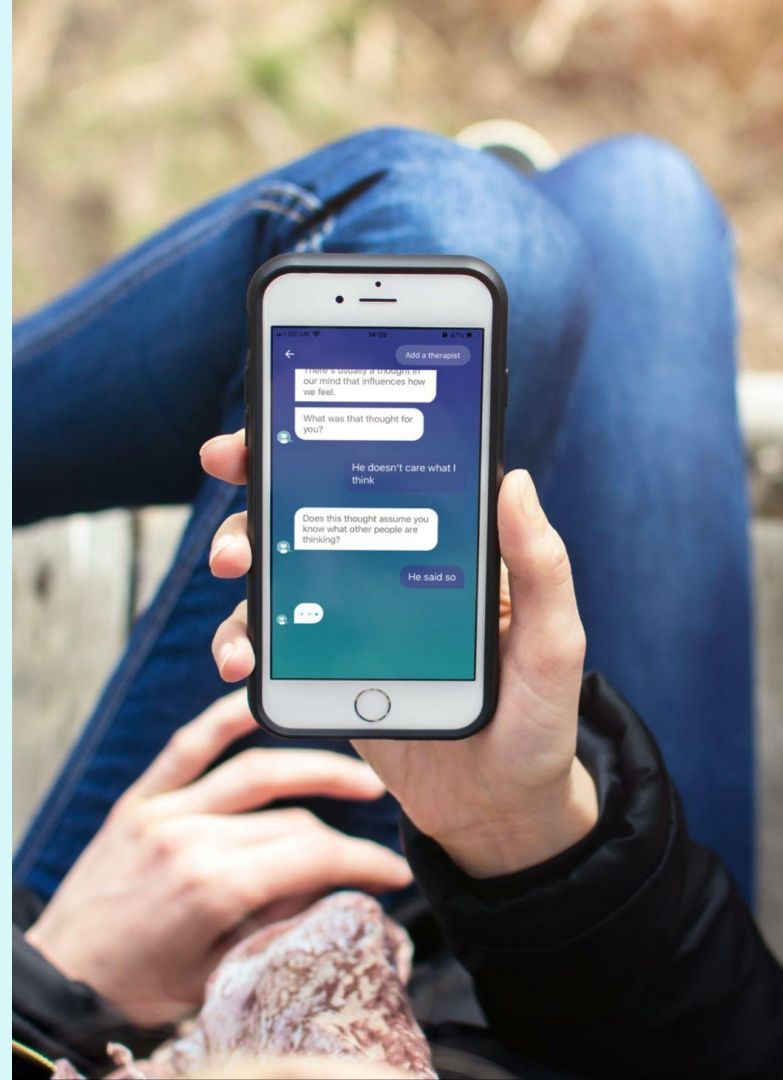
# Step 1: Measure your population risk

Our free anonymous [employee mental health screening](#) will give actionable insight into the real need levels within your teams.

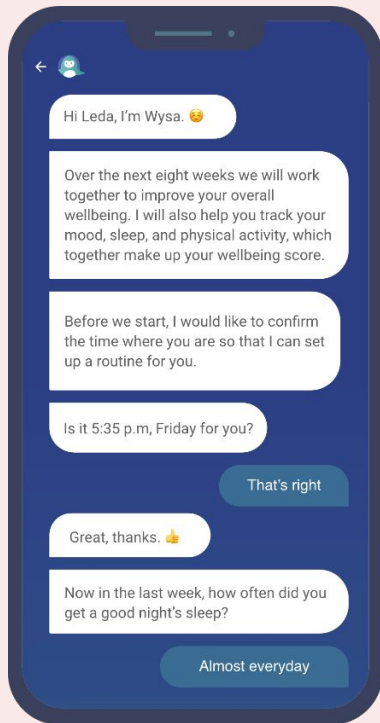
This can be compared to the national employed averages to assess the risk and measure the impact of your investment.



# How is Wysa different?



# People open to Wysa's AI 3x faster than a therapist



## 24/7

Real-time support at your fingertips whenever its needed

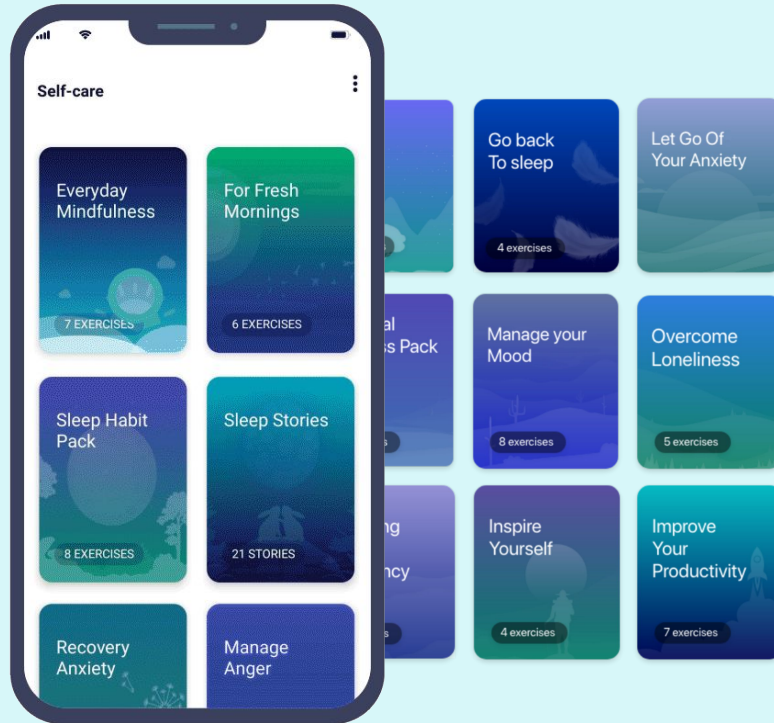
## 100% Anonymous

For user data privacy and security. Encourages people to open up 2x faster than to a human therapist

## Tailored support

AI intelligently empathizes with the user and directs them to the right resources at the right time

# Wysa is highly effective in prevention



**150+**

evidence-based exercises

**26**

tool packs for different areas of need

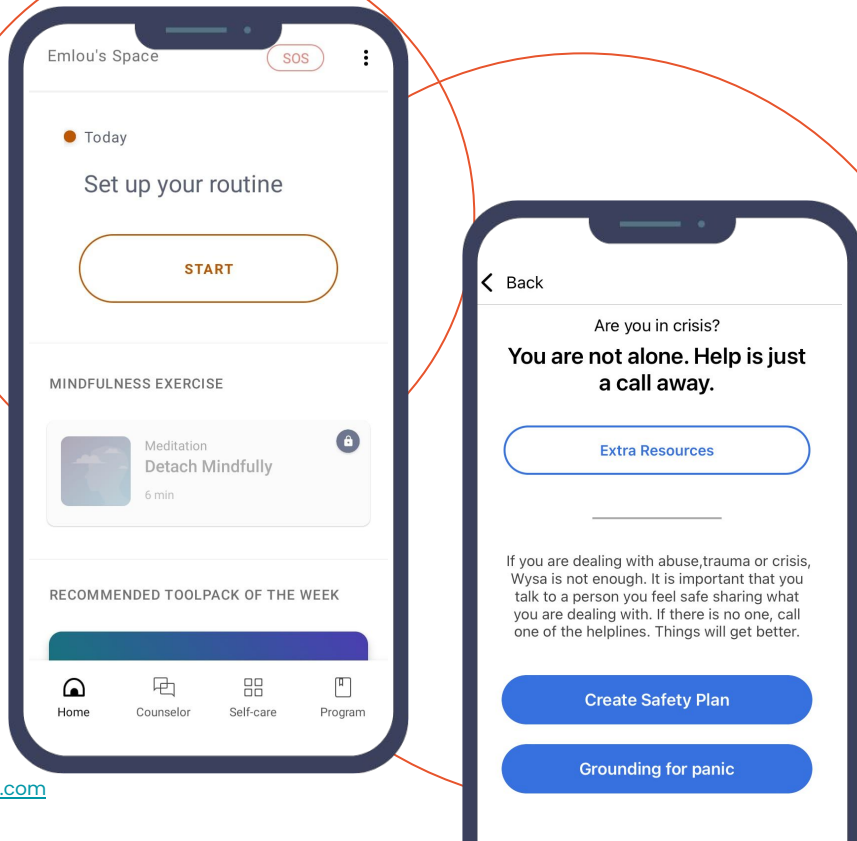
**40+**

sleep exercises

**5**

mental wellness practices

# Wysa gives alternative escalation pathways



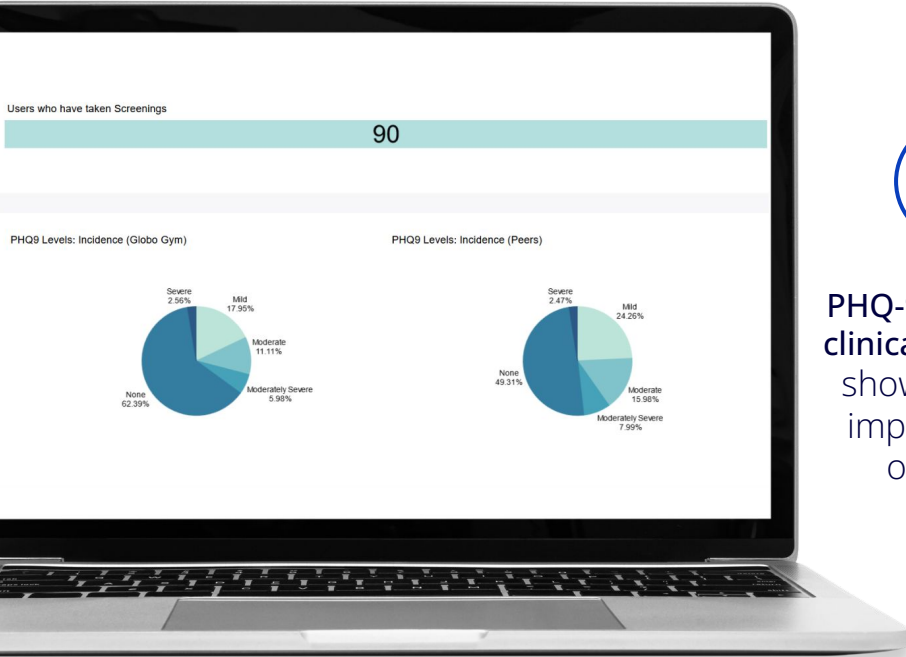
## SOS triggers:

1. Detection during AI conversation
2. Clinical screenings
3. Daily mood scores
4. User hits SOS button

## Escalation pathways:

- Local/national crisis helplines
- Customer specific EAP
- AI guided grounding exercise
- Personal safety plan & contacts
- Custom resources

# Employer insights show symptom improvements



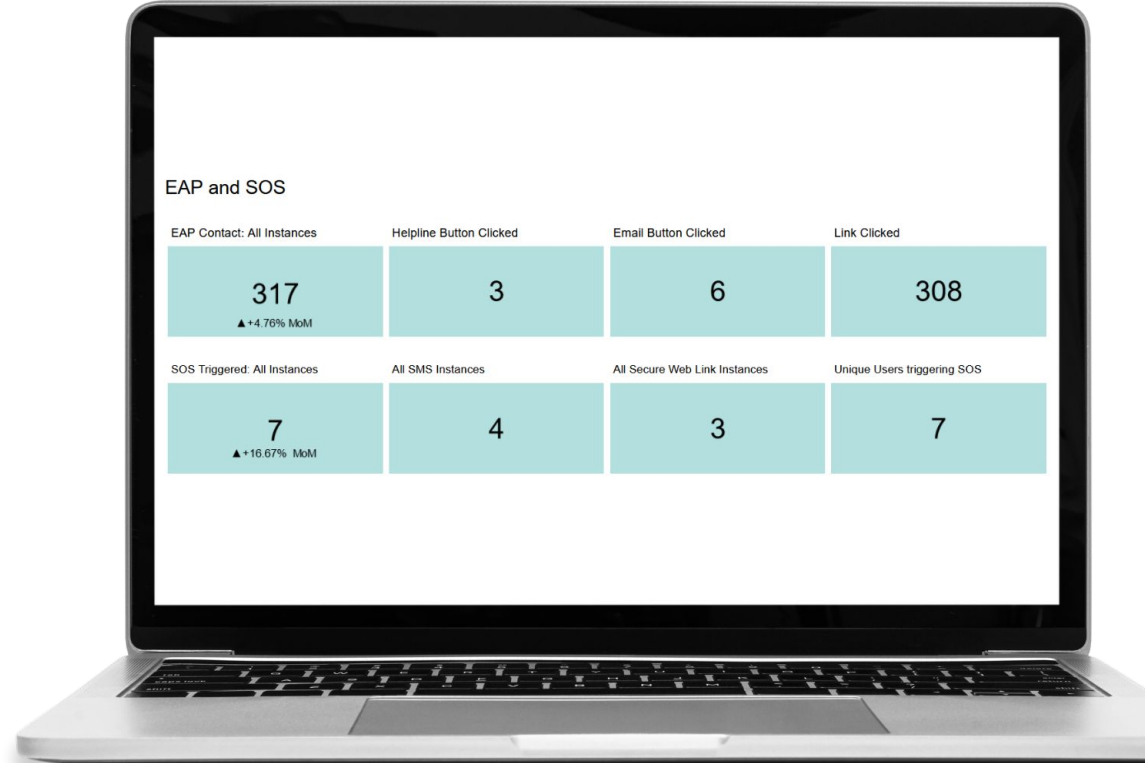
PHQ-9 and GAD-7 clinical screenings show symptom improvements over time



# Crisis escalation instances



**Escalation instances** show how employees are utilizing other integrated health resources such as EAP & SOS crisis lines



# Real time causes of stress



**Word cloud insights** help address employee concerns in real-time according to geography or team





# Wysa has the most proven efficacy & ROI

25+

Peer Reviewed Publications

7

Independent Clinical Trials

9

Real-World Studies

5

Service Evaluations



- Evidence of Therapeutic Alliance comparable to Human CBT
- Efficacy proven during COVID-19 crisis in the US, UK & India
- Reduction of symptoms of anxiety and depression with chronic conditions
- Reduction of distress in large public health populations within the UK, Singapore and the US
- Reduction of symptoms of anxiety and depression with students and young adults
- Evaluated as the app with the highest evidence base, and integrity of quality and content

In partnership with:

**NIHR** | National Institute  
for Health Research



# Are you ready to see for yourself?

Try Wysa

[wysa.com/try-wysa](https://wysa.com/try-wysa)