

# FLOURISHdx

## Digital tools and services to support mental wellbeing



**FLOURISHdx**

Working in partnership to improve mental wellbeing

# FlourishDx: Addressing the financial impact of poor mental health in the workplace

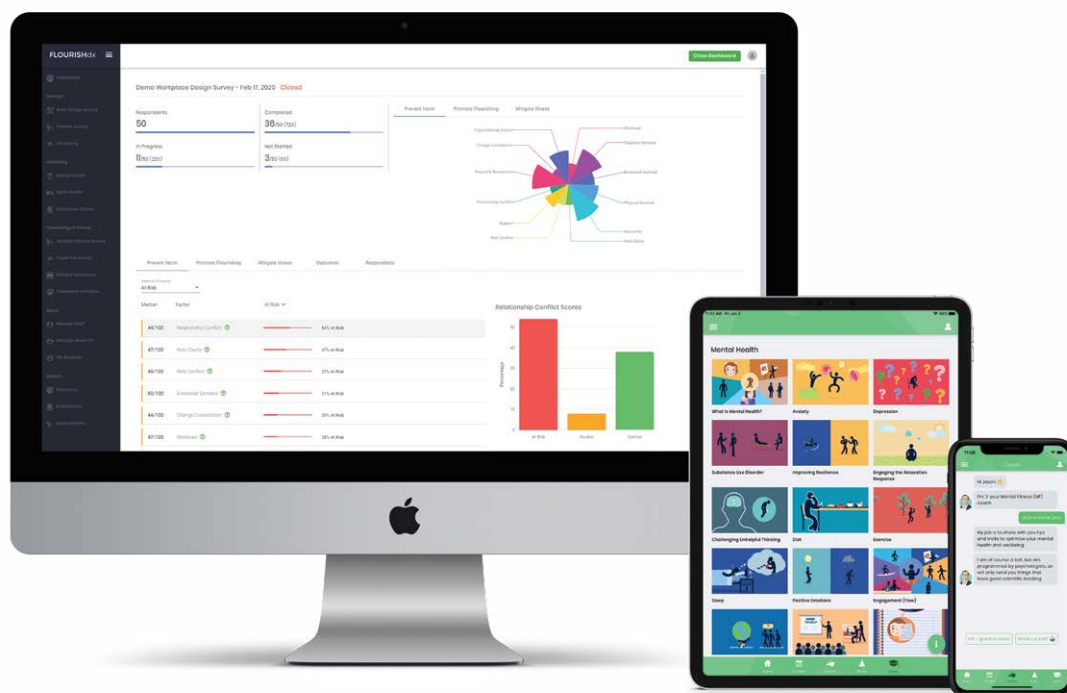
The impact of poor mental health in the workplace is significant, causing an estimated loss in global productivity valued at more than US\$1 Trillion per year\*. Unaddressed mental health issues not only impact workplace productivity, but also the ability of employees to flourish at work and at home.

**FlourishDx** empowers global organisations to take a preventative approach to employee mental health through use of our digital tools and services that help to **improve mental health outcomes**.

“FlourishDx is focused on the global prevention of mental illness, and the promotion of mental wellbeing.

Our **digital platform** helps us address this worldwide issue on a highly meaningful scale.”

Jason van Schie, Founder and Managing Director, FlourishDx



## About FlourishDx

Parent company to FlourishDx, **People Diagnostix** was founded in 2014 in Perth, Western Australia (the most remote capital city in the world!) by psychologist Jason van Schie. FlourishDx was created in response to customer demands for a digital solution to provide proactive mental health care for large numbers of employees that were often geographically diverse or working in remote locations.

Starting with mental health and sleep health video content, FlourishDx has grown in content and features to enable employers and employees work together towards optimal mental wellbeing outcomes. With **ISO 45003: Psychological Health and Safety in the Workplace** on the horizon, FlourishDx is committed to continue to evolve to assist employee-focused clients adopt this important standard.

\*Mental health in the workplace, World Health Organisation (WHO), May 2019 [https://www.who.int/mental\\_health/in\\_the\\_workplace/en/](https://www.who.int/mental_health/in_the_workplace/en/)

# The FlourishDx software platform:

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The FlourishDx platform supports the psychological health, safety and wellbeing of employees and is available via desktop and mobile app. Key features of the platform include:



### **Employee surveys & data analytics**

Allows employers to gather feedback from employees and monitor trends on workplace factors that influence mental wellbeing.



### **Risk management tools**

These tools help employers comply with workplace health and safety obligations, including hazard identification, suggestions to mitigate risks, and compliance with the incoming ISO 45003 standard for psychological health and safety in the workplace.



### **Line manager training**

Specialised training helps line managers to improve psychological health and safety, and support return to work after illness for their team members.



### **Mental health education**

FlourishDx contains hours of content to help develop mental resilience, optimise wellbeing, and increase employee awareness of the pathways available for psychological support and treatment.



### **Wellbeing check ins**

Users can access 'Flourish' surveys to help them track their development of the pillars of positive mental health and be linked to evidence-based wellbeing improvement exercises.



### **Stress reduction**

Users can access guided audio meditations to help reduce stress, improve sleep and increase overall mental wellbeing.



### **Digital coaching**

FlourishDx's 'coach bot' provides the suggestions and encouragement employees need to keep self-care top of mind in a fun and friendly way.