

MENTAL HEALTH SUPPORT APP

HELP YOUR EMPLOYEES MANAGE THEIR MENTAL HEALTH AND ASSIST THOSE AROUND THEM.

OVERVIEW

Everymind is a mental health support app packed full of useful content to help your employees manage their mental health and assist those around them. The app features exclusive content ranging from video, audio, article and image content covering a variety of topics including stress, anxiety, sleep, body image, low mood and more.

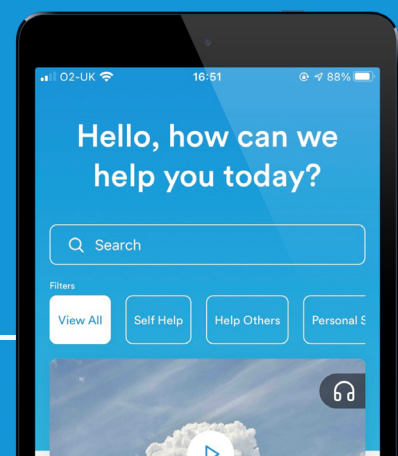
Unlike other apps, Everymind takes an individual approach to mental health support rather than a one size fits all approach. Upon log in, employees answer six questions which then tailors the content that appears on their feed to be relevant to their individual needs.

KEY FEATURES

- The app features a wide range of exclusive content.
- The content feed is tailored to be relevant to employees.
- The app can be customised to your business to include your brand and even integrate your existing support options.
- Personal toolbox – employees can add content they find helpful into their wellbeing toolbox to use on a consistent basis.
- Anonymous use so your employees can freely access any information without the fear of vulnerability.

HOW IT WORKS

- 1 Employees will be given unique login details for the Everymind app.
- 2 Once they download the app and log in, employees will be prompted to answer six questions which tailor the content of the app.
- 3 Employees can then browse the content and access the app whenever they like to get useful advice, tips and support.



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