

Psychological Health Checks for your workplace

Invest in your team's mental well-being



Poor Mental Health Costs Everyone

UK Employees are struggling with undiagnosed and untreated mental health issues.

One in six adults (17%) in England meet the criteria for a common mental disorder such as anxiety or depression, and yet 61% are undiagnosed / not accessing treatment.

BetterCare offers confidential psychological assessments for your employees to identify early signs of anxiety, depression and stress—reviewed by qualified clinicians and translated into clear recommendations for HR.

Solve Workplace Challenges

A mental health check helps employees spot stress early and take control of their wellbeing, so small problems don't turn into sick leave.

Stress

Burnout

Bullying

Anxiety

Depression

Absence





How Mental Health Checks Work



Self-Assessment

Employees complete self-assessments about their mental health, using a verified Depression Anxiety & Stress Scale (DASS)



Clinical Review

All responses are analysed by expert psychologists accredited by the British Association for Counselling and Psychotherapy (BACP)



Personalised Report

Each employee receives a personalised report with tailored support recommendations



Organisational Report

Employers receive an anonymised, aggregate organisational Report that identifies key trends, risks, and future steps.



Referral Pathways

Employees get access to BetterCare UK's accredited mental health nurses, psychologists, psychotherapists, and psychiatrists.

Partner with us to support your team

Health checks are an affordable way to proactively safeguard wellbeing and reduce burnout. We can deliver this as a standalone service or alongside your existing Employee Assistance Programme (EAP).

 **office@bettercareuk.co.uk**

 **www.bettercareuk.co.uk**

