

# MENTAL HEALTH SURVEY

The Happiness Index

**Build & Maintain a  
Happy, Healthy Workforce**



One huge takeaway from The Happiness Index has been our constant and growing investment into our team's mental wellbeing.

Olivia Royce | NOVOS |  
Director of Operations



**DID  
YOU  
KNOW**

**420%**  
average ROI on mental health  
support in the workplace  
(UK Government)

**21%**  
of employees reported calling  
in sick due to workplace stress  
(Mind)

**£118 billion**  
annual cost of mental health  
problems to the UK economy  
(LSE)

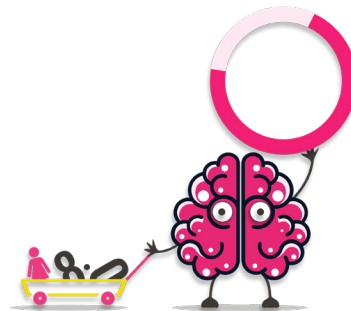
## THE CHALLENGE

- Two years after the onset of the pandemic, we're facing a new crisis - one of employee mental health.
- Levels of stress, burnout, anxiety and depression are at record highs. Poor mental health could be costing your people and your bottom line.

## OUR SOLUTION

- Our set of 12 neuroscience-backed questions was designed by a panel of mental health and neuroscience experts to help you uncover how to best support your people's mental wellbeing needs.
- We also include an open question to help generate suggestions for meaningful organisational change.

## We enable you to...



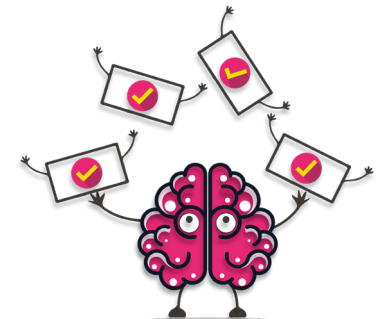
### COLLECT FEEDBACK

- Question set of 10 questions with a 1-10 range answer.
- 2 open-ended questions to ensure quantitative and qualitative data.
- Use feedback to become an empathetic employer.



### ANALYSE RESULTS

- Insightful online dashboard.
- Score average, trends and distribution.
- Sentiment analysis.
- Filter comparison.
- Heatmaps.



### DRIVE ACTION

- Intelligence and custom reports with personalised insights.
- Respond to employee feedback anonymously.
- Access our Knowledge Hub for action planning resources.