

# USE DIGITAL MENTAL HEALTH TOOLS

A Playbook On Workplace Mental Well-Being



**Digital solutions can complement in-person services and are:**



**Convenient**



**Easy to use**



**Anonymous**



Choose the right tool based on your needs



Leaders should be role models as early adopters



Safeguard confidentiality - have good data security



Start small to reduce cost - pilot in a small group

**Examples of digital mental health tools:**



**Wearables and digital biomarker apps**



**Prevention and treatment solutions (e.g. chatbots)**



**Analytic & survey tools to measure stress\***

\*Try **iWorkHealth**, a free survey tool to help employers and employees identify and manage workplace stressors



iWorkHealth

A joint initiative by:



**START YOUR JOURNEY**

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