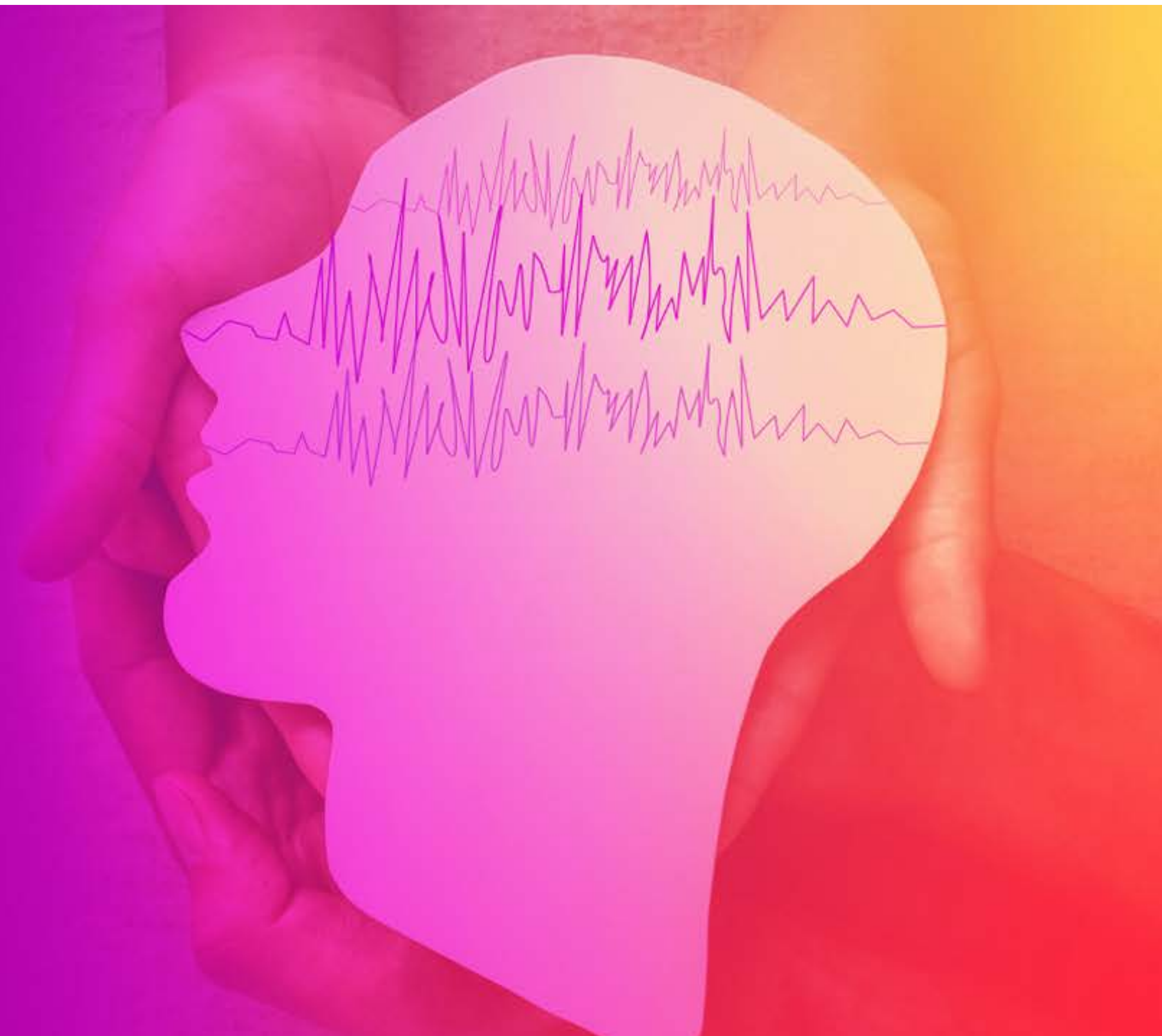


Making Mental Health Matter

A Sharing by Jacobs



mental health matters

 TogetherBeyondSM

 BeyondZeroSM

INTRODUCTION



Please click here to view the video

Subbu Kanakasabapathy

Singapore



Regional Managing Director,
South East Asia

Louise Reymond

Perth, Australia



HSE Systems & Program
Coordinator – Asia Pacific;
Positive Mental
Health Lead & Trainer
– Asia Pacific

John Davies

Singapore



Director of Sales –
Transportation;
Positive Mental Health
Champion

Rowena Low

Singapore



Senior Project Controller,
Advanced Facilities – Electronics;
Positive Mental Health Champion

Jason Guo

Singapore



HSE Manager, Singapore



JACOBS LEADERSHIP



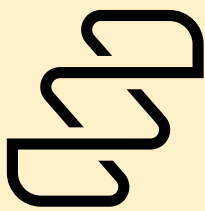
Subbu Kanakasabapathy
Singapore

Jacobs' Culture of Caring

Importance of Mental Health and Wellbeing in the Workplace

Creating a Positive Mental Health Culture

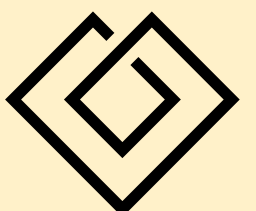
Positive Mental Health Champion: 100% of the Executive Leadership Team



Focus areas
- operational advancement



Values
- performance



Values
- safety, caring

AGENDA

Making Mental Health Matter – How We Do It at Jacobs?

Overview of Jacobs' Mental Health Matters

Jacobs' Framework to Support Mental Health



Our BeyondZero Journey

Our Positive Mental Health Champions

5 Ways to Wellbeing

Employee Assistance Program

Confidentiality

Tracking Engagement

One Million Lives



OVERVIEW OF JACOBS' MENTAL HEALTH MATTERS



01 Prioritise Mental Health in the Workplace

02 Proactively Support Work and Culture to Drive Positive Mental Outcomes

03 Promote an Open Culture Around Mental Health

04 Increase Organisational Capability

05 Provide Mental Health Support Tools and Support

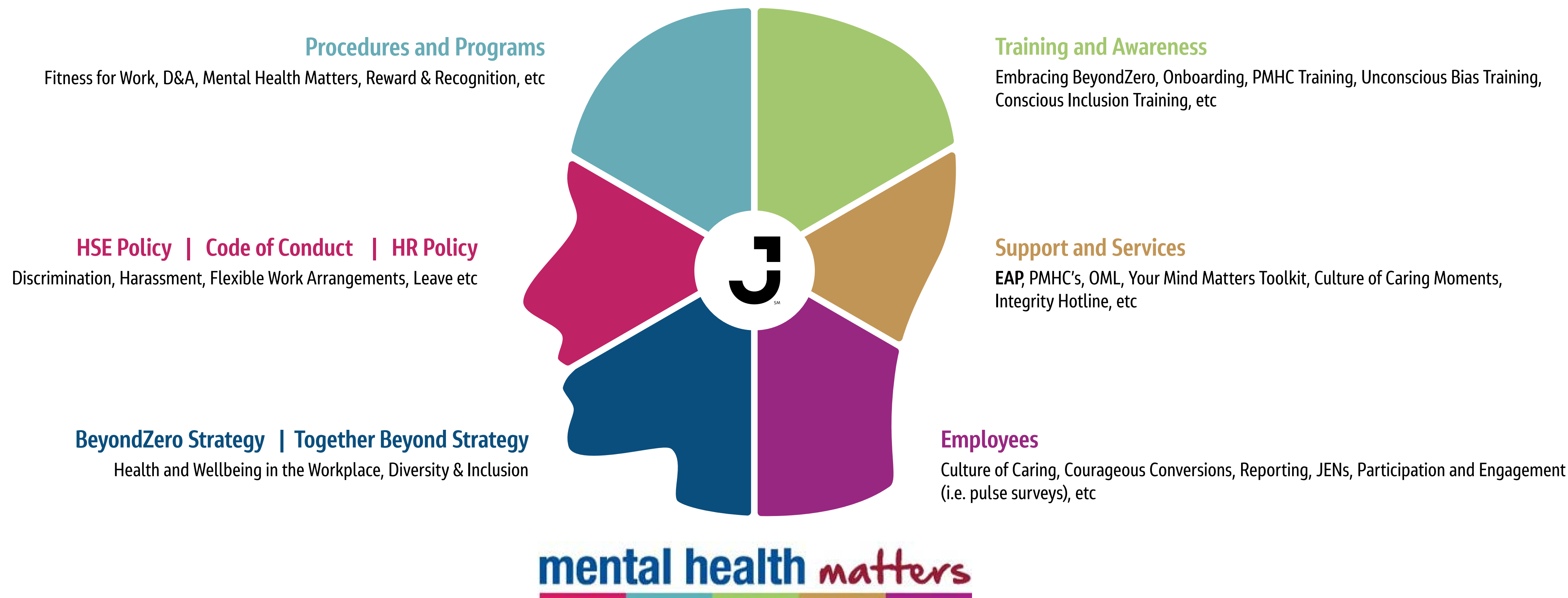
06 Increase Transparency and Understanding Through Reporting

03

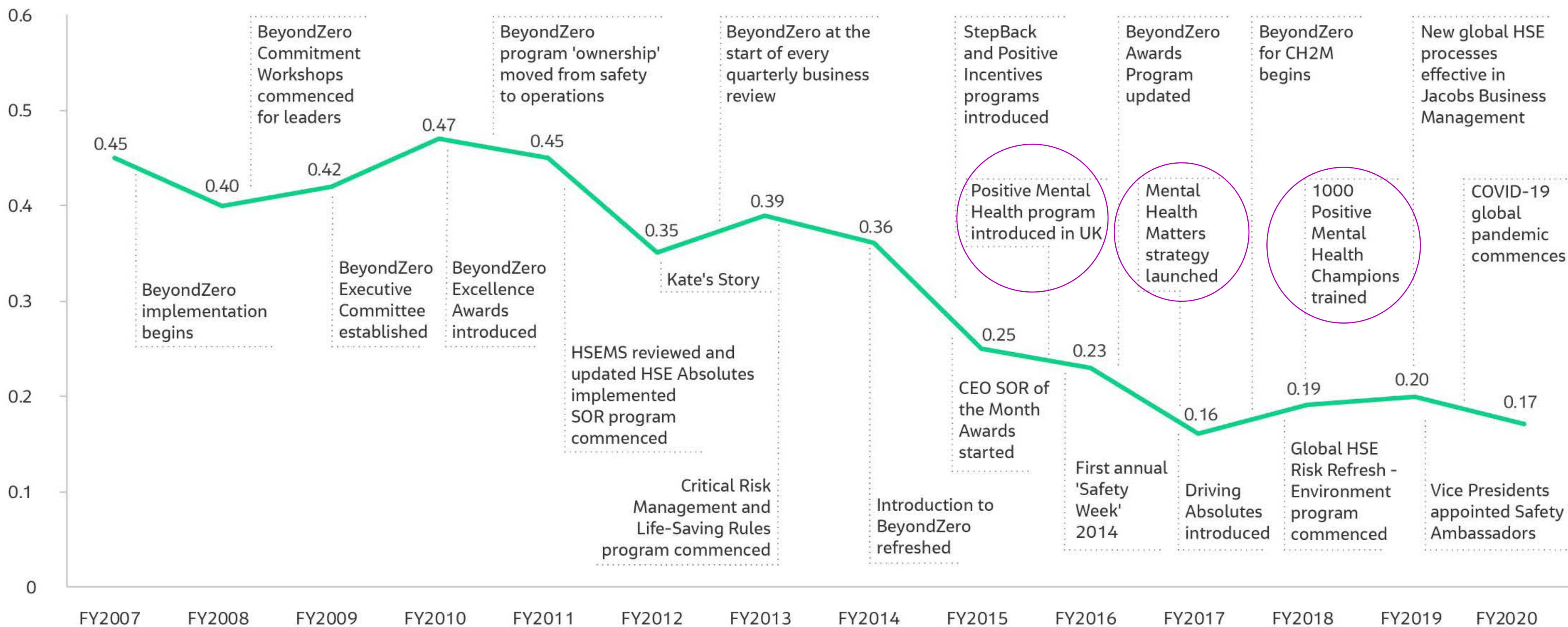
AGENDA



JACOBS' FRAMEWORK TO SUPPORT MENTAL HEALTH



OUR BEYONDZERO JOURNEY



03 AGENDA

OUR POSITIVE MENTAL HEALTH CHAMPIONS

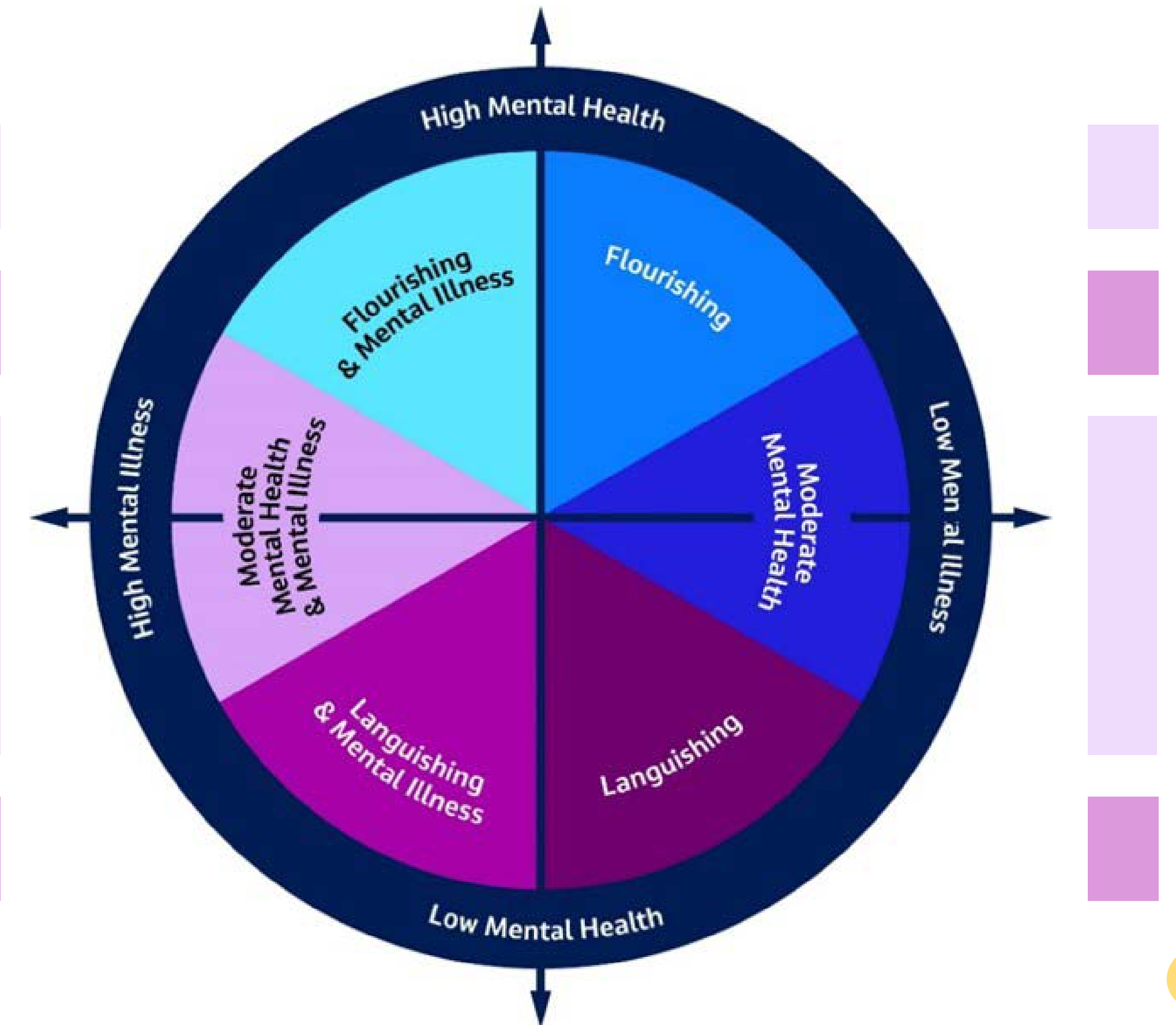
Our Champions

Overview of Training

Internal Initiatives

- One Million Lives (OML)
- Mental Health Resiliency Call Series
- COVID-19 Resources

Keyes' Mental Health Continuum



03

AGENDA

5 WAYS TO WELLBEING



Positive Mental Health Champions

Initiatives in the Workplace

Workplace Culture



03

AGENDA

EMPLOYEE ASSISTANCE PROGRAM



03

AGENDA

CONFIDENTIALITY

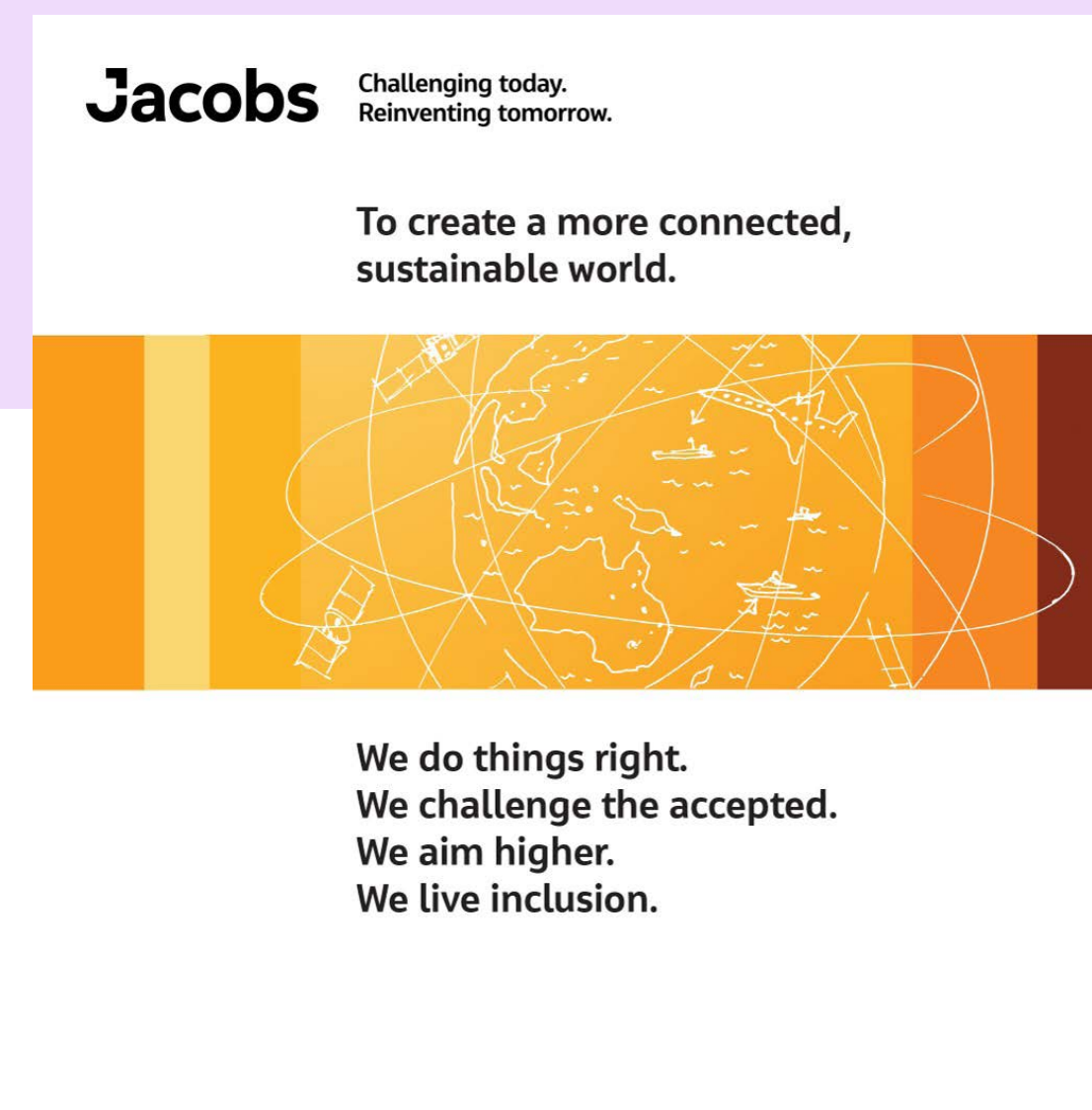
Jacobs' Code of Conduct is our Employee Guide

The right to privacy is enshrined in law in many countries – we respect the individual's privacy and keep all conversations confidential

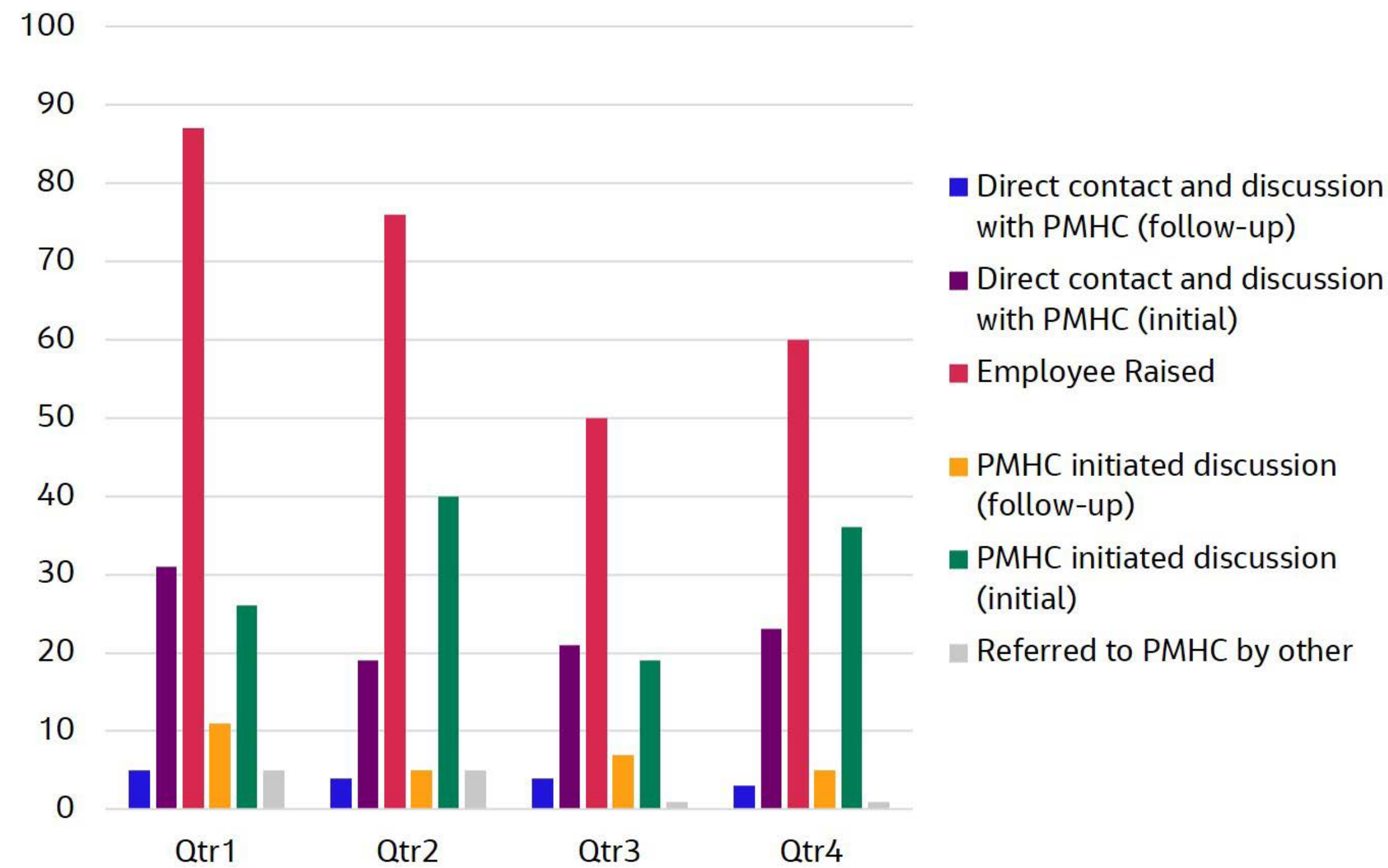
It must be preserved at all costs or program will fail due to lack of trust

No Case Notes

Red Flag Exceptions



TRACKING ENGAGEMENT



03 AGENDA

Jacobs

HOME MY TASKS CALENDAR DASHBOARD VIEWER REPORTS MY EMAIL

BeyondZero Observations

[Add a New Observation](#) [My BZOs](#) [Add BZ Leadership Walk](#) [Leadership Walks](#)

Home > Add a New Observation

[Save and Add People to Notify](#) [Cancel](#)

New BZ Observation

Observation Details

* Date of Observation: 12/24/2020 02:30 PM

* Project or Location?: Indicate whether the observation is associated with a project or a location. If neither selection applies, select 'Not Project/Office Related'.
Not Project/Office Related

* Observation Relevance: Please select the environment where the observation occurred.
Non-work related

* Country Where Observation Occurred:

* Observation Type:
☐ Environment
☐ Health & Safety
☒ Mental Health
☐ Security & Resilience

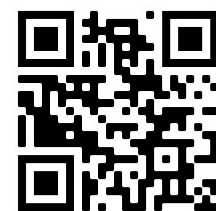
* Positive Mental Health Champion Only Observation:
☒ Yes ☐ No

* Observation Category:
☐ PMHC initiated discussion (initial)
☐ Direct contact and discussion with PMHC (initial)
☐ Referred to PMHC by other
☐ PMHC initiated discussion (follow-up)
☐ Direct contact and discussion with PMHC (follow-up)

* Worst Potential Severity:

[Click Here to Show Mental Health Severity Table](#)

ONE MILLION LIVES



Over the past week
I felt like everything
was an effort

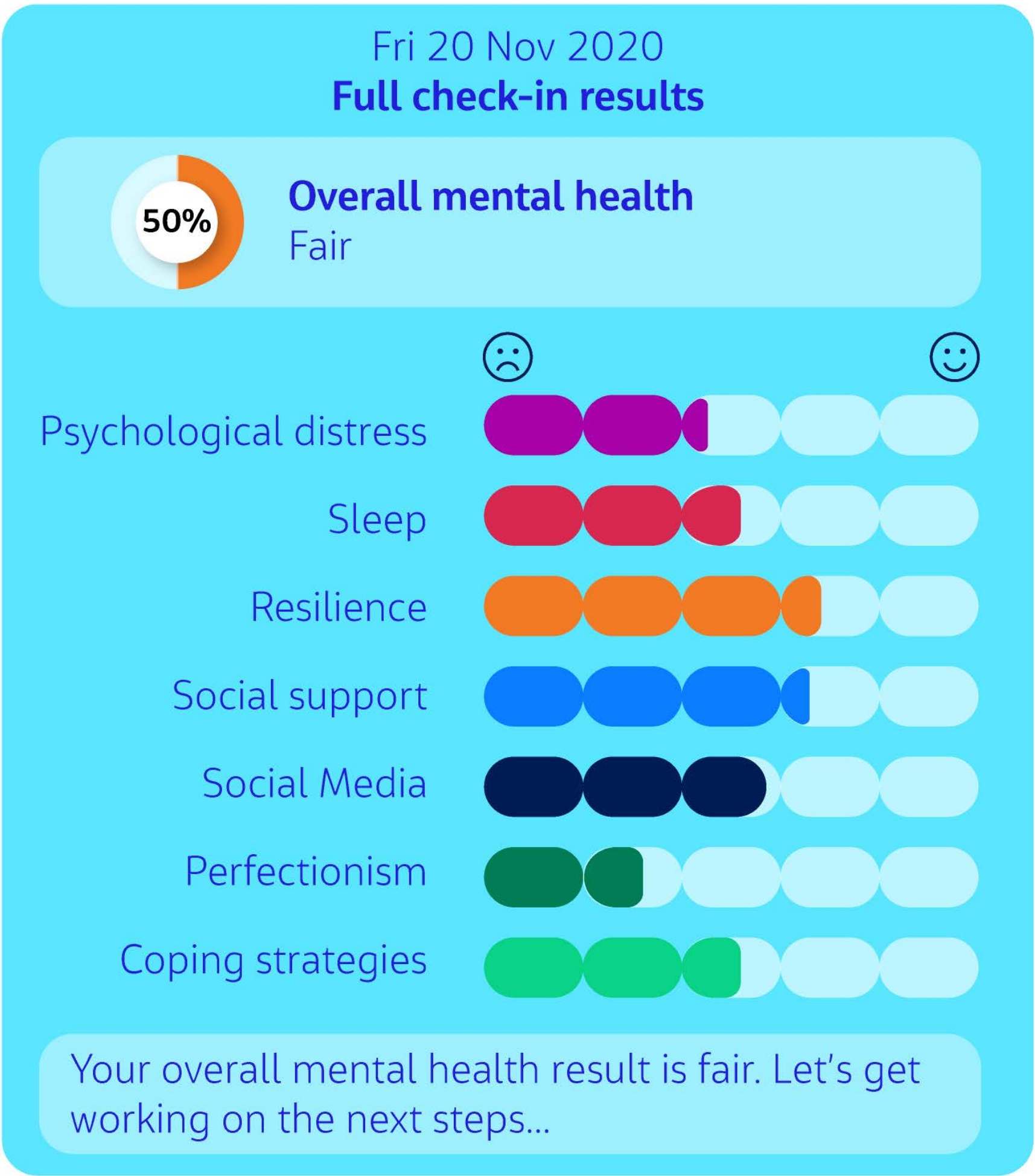
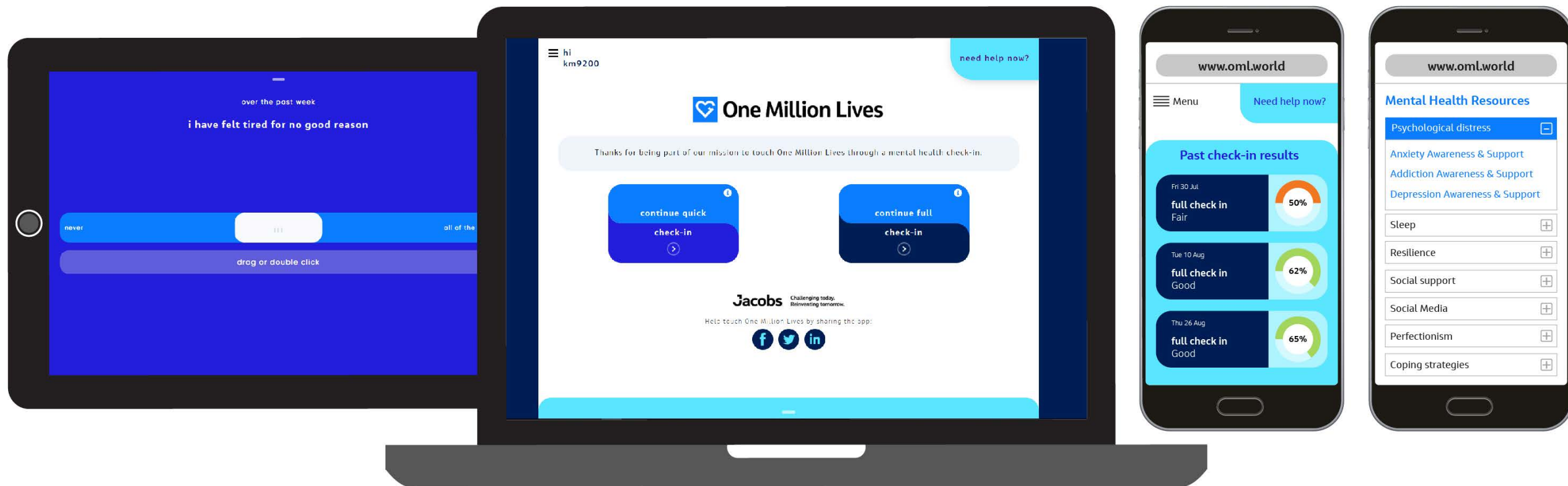
Never Almost Always

How often do you
have problems falling
asleep at night?

Never Almost Always

I often worry about
things that turn out to
be unimportant

Very Inaccurate Very Accurate





Online Mental Health Check-in:
<https://www.oml.world/>

Thank You



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