



MindCheck

Helping you create mentally healthy and productive workplaces

www.mindcheck.me

Banksia 
Consulting Group



Previously





INIA
MindCheck
Helps you

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- Support your employees' mental health
- Reduce and prevent burnout
- Increase resilience
- Improve engagement and productivity
- Provide a safe and thriving workplace

All in an **affordable, effective, private** and **frictionless** solution

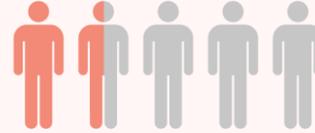
The Business Cost of Mental Health Problems

Before Covid



20% of people suffered from a mental health problem every year

During / After Covid



30-40% estimated number of people will suffer from a mental health problem per year

#1

Depression is the leading cause of **disability** in the world

Business costs include:

Low Productivity - Inattention - Poor Customer Service - Poor Decision Making - Absenteeism - Presenteeism - Turnover

Anxiety and depression cost businesses over **1 trillion USD annually** in lost productivity alone.

The total cost to replace an employee is between **60% to 200% of their annual salary**

How much does it cost you?

Example:

Total number of employees:	200
Average annual salary:	70,000
Age bracket:	mixed ages

Expected annual cost of mental health problems:

\$812,000
(\$4,060.00 per employee per year)

5.8%

of the payroll

The % cost goes up to 8.3% when the employees are young professionals.



Mental health problems **CAN** be prevented

Stress, anxiety, depression and burnout **CAN** and **SHOULD** be healed

*Technology-facilitated, early-stage, screening-based mental health solutions have an average **ROI of 1000%** for the organisations that implement them.*

(Based on Deloitte's ['Mental health and employers: refreshing the case for investment'](#) Jan2020 report.)



INIA
MindCheck

Created by award-winning HR Execs/Consultants alongside psychologists, researchers and successful entrepreneurs to enable more compassionate, empowered and mentally healthy people & workplaces.

Our founders have personally battled with and overcame issues with mental distress in the past, having lived it from the personal and the organisational points of view. They also have a history of having consistently created remarkable company cultures where employees were highly engaged, happy, productive and downright loyal fans of the organisations where they worked.

[More about us here](#)



INIA
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Inia MindCheck makes it easy and affordable for you to implement a mental health strategy that **works**.

It addresses

BURNOUT

DISENGAGEMENT

STRESS

ANXIETY

DEPRESSION

RESILIENCE

and the **CONTRIBUTING FACTORS** responsible for
mental health

in a bottom-up AND top-down manner

You'll get



A **digital platform** that provides affordable, frictionless, scalable, private, evidence-based **mental health awareness and educational campaigns**

Automated high-uptake **awareness and self-assessment campaigns**

Comprehensive action-oriented **educational hub** for your employees

Curated high-quality **evidence-based resources**

Open, anonymous and free **online community** for emotional support

Analytics and recommendations that reveal key areas for improvement

Guidance and support from organisational mental health experts

Designed from the ground up for PRIVACY



User and organisational **privacy** and **safety** are of *utmost importance* to us

- All data traffic is encrypted via HTTPS / SSL.
- Our database is encrypted at rest on AWS RDS with state-of-the-art security.
- Privacy is ensured in a data-structure level, with salted passwords, privacy roles and database structure designed from the ground-up with privacy in mind.
- All individual results are anonymous at the data level - no employee identifiable information is saved alongside their results, unless they create a separate personal account.
- Individual employee results are never shared with their employer or anyone else.
- Aggregated results are only shown when 10 or more employees complete the survey.

For more, check our [Privacy Policy](#)

Proud to be trusted by



"Using Inia MindCheck as a quarterly tool has given us the clarity we needed into what areas to focus."

"Inia has been critical to understand engagement and identify what can be positively or negatively impacting the organisation at scale!"

For a Higher Purpose

Inia MindCheck is a **registered Social Enterprise**, and *all our revenues are directed towards supporting social impact*, helping to democratise mental health and reduce the burden and suffering of mental illness in the world.

We help thousands of people every week, many of them young people with no means and no clue about what to do.



2021 Member
**Queensland Social
Enterprise Council**





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