

## Mental health **made simple**

*headversity* is a **digital mental health and resilience platform for the workforce**. With preventative upskilling that drives personalized and practice-based training experiences, *headversity* makes it simple for everyone to build healthy habits and optimize their mental health.



### Why *headversity*?

Employee mental health has emerged as a leading business concern, yet access to care is **not meeting demand**.

**68%** Of employees say their daily work has been impacted by mental health struggles.

**6 wks** Is the average wait time for mental health today.

*headversity* helps businesses address this challenge further upstream, with **microlearning** in the form of digital practices that put therapy-grade tools in everyone's hands, before crises arise. No therapy is involved and there is **no waiting**.

### Global Impact



**3M+**  
Lives impacted



**26**  
Industries



**18**  
Countries

### Key Benefits & Features

*headversity* delivers the **quickest** and **simplest** way to get employees on the **right mental health journey**.



#### App-based microlearning

Self-directed learning compatible with any digital device.



#### Practice-based

Quick, simple practices to build healthy habits.



#### Therapy-grade

The latest in neuroscience, available always.



#### For individuals & teams

Micro-learning experiences built for individuals and teams.



#### Work & Home skills

18 validated resilience skills that guide the upskilling solutions.



#### Self & admin reporting

Personalized analytics and population insights for admins.



## SOLO

Personalized Journey for individuals

- ✓ 5-minute individual experiences
- ✓ Psychology-backed skill training
- ✓ Addressing skillsets across Core, Work and Home environments
- ✓ Audio-visual micro-lessons to develop targeted skillsets
- ✓ Practice tools and nano-practices for positive behavioral adaptation

**headversity SOLO is the bedrock of our training,** with personalized and private upskilling experiences for each employee to build their resilience. Anywhere, anytime, and on any device.



## TEAM

Group Journey for teams

- ✓ 5-7-minute group experiences
- ✓ Behavioral science-infused group training
- ✓ 80+ evidence-based topics
- ✓ Discussion prompts and automated talk tracks
- ✓ Group challenges with real-time, anonymous polling options

**headversity TEAM brings mental health out of the shadows** and into the group setting, bringing shared language around key concepts of mental health and resilience to build psychological safety.

## Driving Reach and Impact Across Organizations

### Engagement

Ready library of marketing materials to drive adoption and usage.

### Customer Success

Human-led activations, virtual community events accessible to all.

### Reporting

Rich Data Insights and Reporting, with industry benchmarking.

### Impact Consulting

Behavioral Science input to address org-wide challenges and create impact.



**2.5**

Less sick days taken per employee per year



**26.4%**

Reduction in burnout symptoms



**15%**

Resiliency skill uptick within 2 sessions

## Why do Industry Experts choose headversity?

**"headversity is like Duolingo for mental health and resilience.** I love that it's easy and only takes a few moments of your day but can really impact you in those moments."



**4.3**

