

Psychological Health Checks for your workplace

Invest in your team's mental well-being





Poor Mental Health Costs Everyone

Irish business owners are increasingly concerned about employees' mental health.

IBEC, the Irish Business & Employer's Confederation, estimates poor mental health costs employers up to €2,000 per employee each year — likely more in reality.

BetterCare offers confidential psychological assessments for your employees to identify early signs of anxiety, depression and stress — reviewed by qualified clinicians and translated into clear recommendations for HR.

Solve Workplace Challenges

A mental health check helps employees spot stress early, take control of their wellbeing, and prevent serious issues before they escalate.

Stress

Burnout

Bullying

Anxiety

Depression

Absence





How Mental Health Checks Work



Self-Assessment

Employees complete self-assessments about their mental health, using a verified Depression Anxiety & Stress Scale (DASS)



Clinical Review

All responses are analysed by doctoral level psychologists & licensed clinicians



Personalised Report

Each employee receives a personalised report with tailored support recommendations



Organisational Report

Employers receive an anonymised, aggregate organisational Report that identifies key trends, risks, and future steps.



Referral Pathways

Employees get direct access to BetterCare's accredited psychologists, psychotherapists, and psychiatry





Partner with us to support your team

With plans from as little as €7.50 per employee per month, our health checks are an affordable way to proactively safeguard wellbeing and reduce burnout. We can deliver this as a standalone service or alongside your existing EAP.

 info@bettercare.ie

 www.bettercare.ie

 01-5563335

