



Unmind

WELLBEING THAT WORKS

Unmind is the workplace wellbeing platform with a difference. Grounded in science and built for business, our full spectrum of care will transform your wellbeing strategy.

Whole-person, whole-organization approach

FOR LEADERS

Data-driven strategy

Unmind Insights gives you a data-driven view of organizational wellbeing – providing the data, insights, and actions you need to drive lasting change.

Build higher-performing teams

Unmind Managers is expert-led, ever-evolving learning. From mastering self-care to nurturing high performance, your leaders can build the confidence and know-how they need to drive change with their teams.

FOR EMPLOYEES

World-class wellbeing

Crafted by workplace psychologists and wellbeing pros, our self-guided, science-backed tools can help your employees sleep deeper, stress less, and lead more fulfilling lives – at work, and at home.

Global practitioner network

Unmind Talk unlocks access to a global network of accredited mental health practitioners, giving employees someone to talk to and the personalized support they need.

People are everything

We combine market-leading tech solutions with outstanding people. By partnering with us, you get access to our own experts, as well as our network of world-class collaborators.

Good morning, Julia

Your focus
Stress & anxiety

Before work

Taking Things for Granted
1 min · Daily Boost

Box Breathing Technique
5 min · Relax

During work

Re-think Stress
4 min · Relax

Managing Distractions
6 min · Work

Today

Explore

Track

Talk

Manage Like a Coach
Try the coaching leadership style
3 min

Choosing Growth
Develop your wellbeing with change.
2 min

Upcoming sessions

Session with Dr Sarah Sackheim
12:00 pm, Monday, February 13, 2023
unmind.com/talk/3628
50 min
Albany, NY (EST)

Add to your calendar

Theme	Score	Benchmark
Overall negative impact of work on mental health	19%	26%
Presenteeism	13%	14%
Absenteeism	16%	11%
Attrition	23%	13%



Science and psychology

Our Science team are thought leaders, pushing forward industry understanding of mental health. They partner with experts to continually research and evolve our wellbeing tools.



Expert collaborators

United behind a passion for progressing the topic of mental health and wellbeing, our diverse team of collaborators partner with us to develop amazing content that fits around your employees' lifestyles.



Industry-leading Client Success

Our Client Success team add the human touch to digital. We know that your organization is as unique and complex as the people within it. We get under the skin of your business to help you drive meaningful change.

71%

of employees reported reductions in stress after engaging with Unmind content*

96%

of managers found our training helpful**

\$9,072

estimated savings per employee in reduction in presenteeism through using Unmind***

Uber

Pernod Ricard



GIBSON DUNN

SONY

SAMSUNG

KEARNEY



SHEARMAN & STERLING

Fox Rothschild LLP
ATTORNEYS AT LAW



Calix

*Economides, M., Bolton, H., Male, R., Cavanagh, K. Feasibility and Preliminary Efficacy of Web-Based and Mobile Interventions for Common Mental Health Problems in Working Adults: Multi-Arm Randomized Pilot Trial. JMIR Form Res. 2022 Mar 3;6(3):e34032. doi: 10.2196/34032. PMID: 35238794; PMCID: PMC8931651.

**After completing Unmind course 'Workplace of Tomorrow'. Client pilot in 2022. (n = 1666)

***Economides, M., Male, R., Bolton, H., Cavanagh, K. (2023). Feasibility and preliminary efficacy of app-based audio tools to improve sleep health in working adults experiencing poor sleep: a multi-arm randomized pilot trial. In Press.

