

Oliva





For employers that want to  
make a **real impact** on their  
people's wellbeing

---

The problem

# Mental health problems can hit us really hard. As a result, they hit workplaces hard too.

---

50%

of sick days in 2019 were  
mental health-related

---

80%

of employees would switch to a company  
more focused on mental health

---

27 days/year

are lost to presenteeism  
per employee

---

64%

more employee absences  
were due to stress in 2020

---

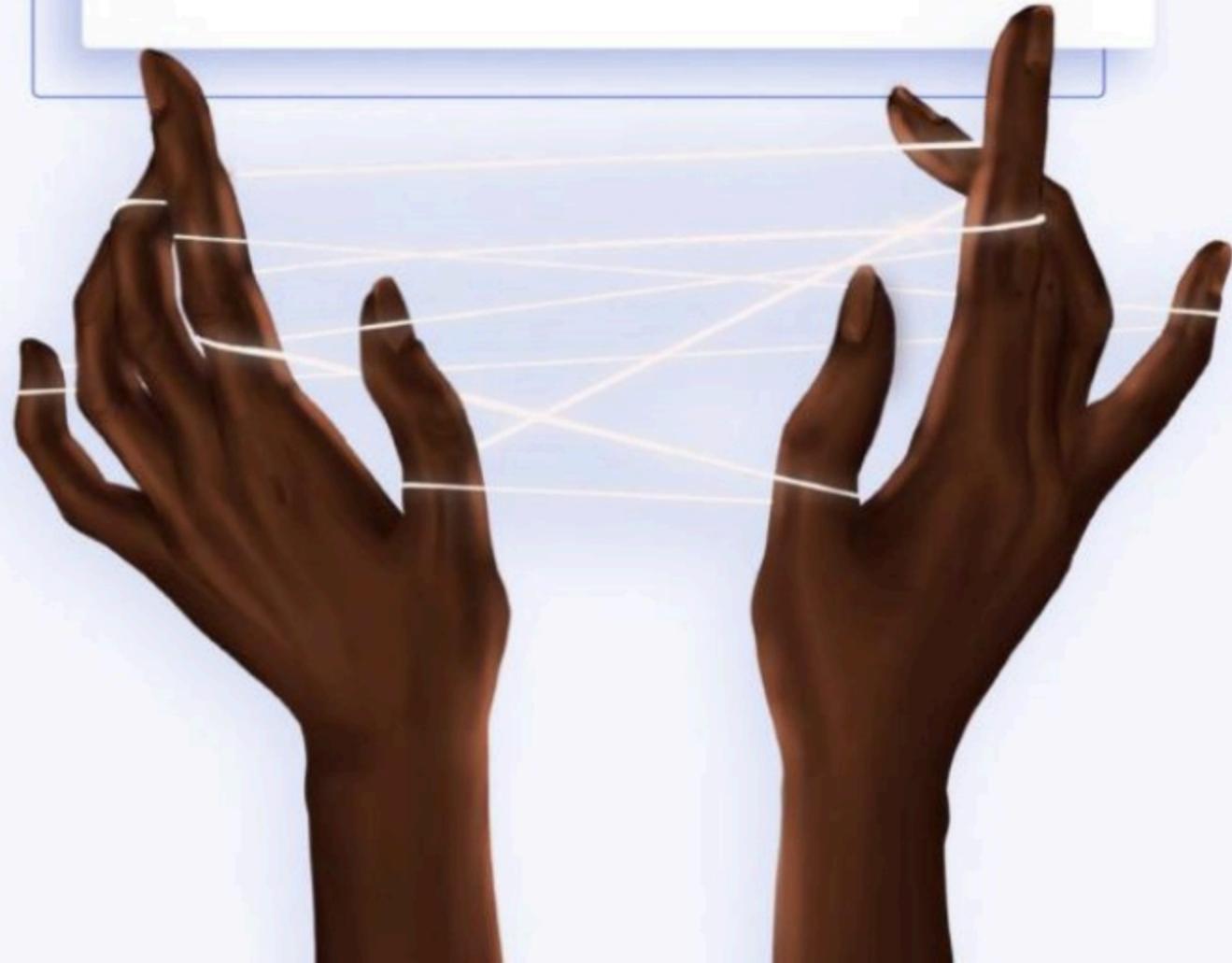
45%

of employees say working from home has  
negatively impacted their mental health



With a **proactive, personalised** approach, employers can really move the needle on mental health.

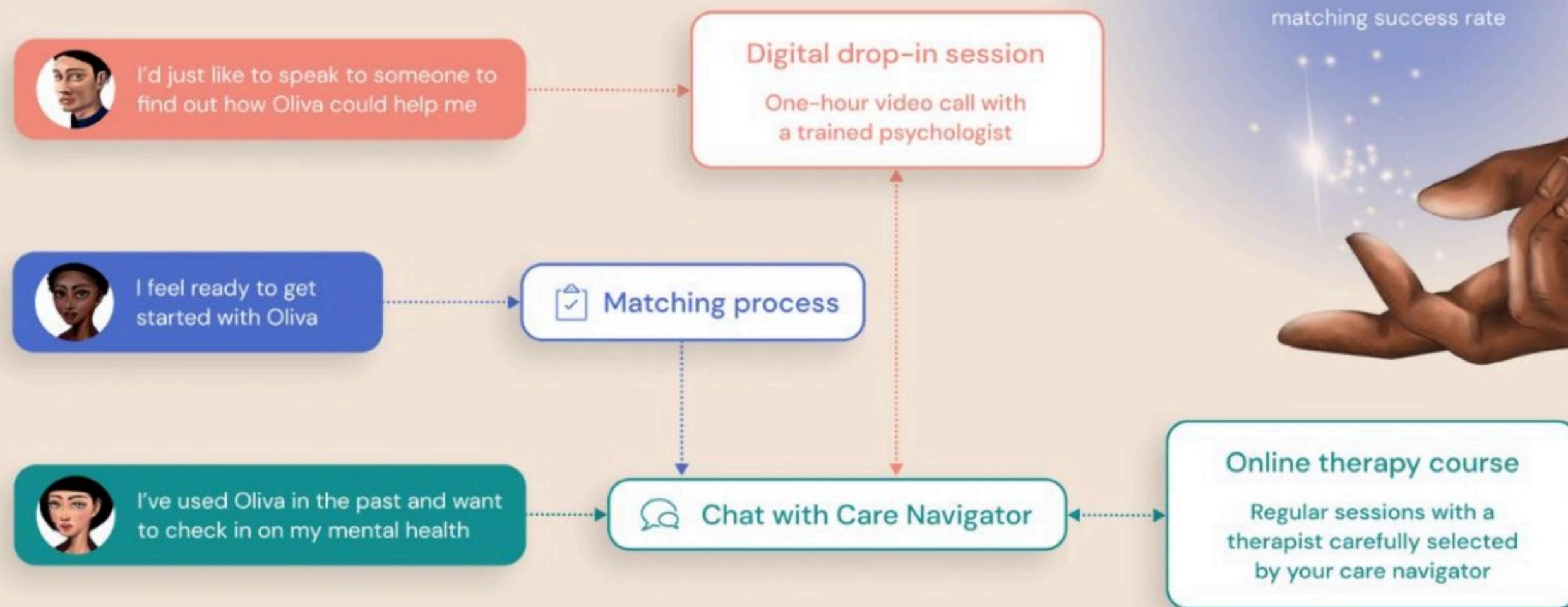
- ✓ Increase engagement & productivity
- ✓ Attract & retain better talent
- ✓ Build a resilient, remote-ready workforce



---

Our solution

# How Oliva works for your employees



# We remove the anxiety for employees seeking support for the first time

Most employees struggling with their mental health have no idea what kind of support they need. This makes them nervous to reach out for help.

Oliva is designed to remove this feeling. When a teammate needs support, they'll be assigned their own personal care navigator.

From that point on, their care navigator will always be on-hand to answer any questions or concerns they have via Oliva's secure instant messenger.

Dr. Sarah Bateup,  
Chief Clinical Officer

## Care navigator

- ✓ On-hand to help navigate the whole care journey
- ✓ Trained mental health professional
- ✓ Ready to answer questions about therapy or how Oliva works
- ✓ Makes sure employee is matched with the right therapist
- ✓ Part of our in-house team, led by our Chief Clinical Officer

# Types of problems Oliva can help with

## Life changes



I'm a first-time parent and finding it really hard

## Work



I get anxious before big meetings

## Financial



My credit card debt feels overwhelming

## Lifestyle



I'm having trouble sleeping

## Relationships



I don't love my partner any more—but I'm afraid of what that means

## Habits



I want to stop smoking for good

## Mental health conditions



I've been feeling depressed for some time now

## Loss



My sister died and I'm struggling to cope

---

# Our care model

# Science-backed care you can truly rely on

The Oliva Model is 100% evidence-based and backed by years of clinical research. We cover the full spectrum of needs, with interventions at each stage designed to prevent problems from escalating.

We don't do one-size-fits-all mental health solutions. We tailor professional care to individuals based on where they're at.

	Problem	Oliva's solution
Severe	~2% of your team may need urgent support with a severe or complex mental health issue	Personalised therapy course (up to 25 sessions) + rapid specialist referrals
Moderate	~8% of your team may have a more serious mental health issue	Personalised therapy course (up to 16 sessions)
Mild	~30% of your team will experience a common mental health issue	Personalised therapy course (up to 6 sessions)
Everyday	~60% of your team will feel early signs of a mental health issue	Digital drop-in session + follow-up session if needed

# Curated care team that's as diverse as your own

Oliva is a place where top mental health professionals want to work and grow.

Our therapists don't just represent a wide range of backgrounds, ages, and specialisms. They're part of a highly-qualified team led by our own Chief Clinical Officer, who hand-picks people who are dedicated to continuous professional development.

## Our professionals

- ✓ Receive regular in-house training and masterclasses
- ✓ Are evaluated based on Oliva's own performance framework
- ✓ Commit to self-improvement based on scientific practitioner principles
- ✓ Are BACP (or equivalent) accredited.

bacp | professional standards authority  
accredited register

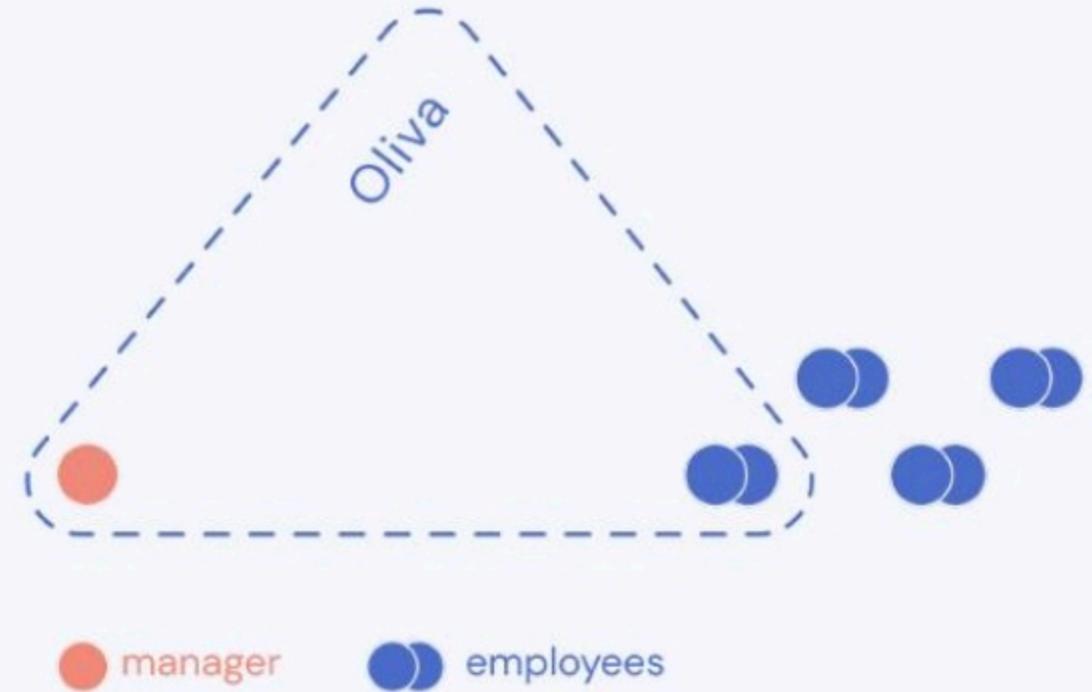


# Tailored support for managers facing tough conversations

We know how it feels as a manager when a teammate comes to you with a mental health problem.

Your org can set up training workshops with Oliva that give managers the tools they need to respond with emotional intelligence.

And for those particularly difficult mental health conversations, managers can book on-demand, 1-to-1 support sessions with a qualified psychologist in a couple of clicks.



# 63%

of managers say they'd like better training to deal with employees who have depression

---

Our platform