

SECTION THREE

# Mental Health

## 1. Creating Shared Value

AXA Hong Kong is part of the new ‘Creating Shared Value’ network in Hong Kong, committed to good mental well and reducing stigma on mental health topics.

In an increasingly complex and competitive environment, we recognise the need to build resilience and relevance in the community. Shared value is defined as policies and practices that enhance the competitiveness of companies while improving social and environmental conditions where they operate. It is a business strategy focused on companies creating measurable economic benefit by identifying and addressing social problems that intersect with their business.

Through working with the Hong Kong Shared Value Network, AXA discovered that prior COVID-19, one in three professional service employees experienced mental health issues while employed.

Thus, beginning in 2019, AXA Hong Kong began three initiatives to support mental health in the workplace:

1. Hosted a full week of events known as the AXA Mental Well-being Week, that included lunch seminars on topics such as mindfulness, coaching and digital learnings through apps.
2. Collected a series of data on participant’s response to the various activities made available.
3. Post-COVID-19, we plan to roll out digital mental well-being training to all line managers as a compulsory module, as follows:

## 2. Online and Self-Help Tools

Through Creating Shared Value, AXA has identified the following digital tools that can support individuals and groups in managing their mental health:



### Mental Health Guru

mental health guru can help your organisation to appropriately manage mental health issues and reduce associated productivity losses. mental health guru can help your organisation to address these issues through:

- Decreasing stigma
- Increasing knowledge
- Improving help-seeking
- Improving management of mental health problems within the workplace

Click here for more information: <https://mhguru.com.au/>



## Mood Gym

moodgym is like an interactive self-help book which helps you to learn and practice skills which can help to prevent and manage symptoms of depression and anxiety.

moodgym consists of five interactive modules which are completed in order.

- **Exercises and quizzes**

As you progress through moodgym, you will be asked to answer questions about your feelings and thoughts. moodgym will then provide useful feedback about your results.

For many of the exercises it is up to you whether or not you complete them (although of course moodgym encourages you to complete all of them!). However, some quizzes must be completed before you can move on to the next part of moodgym.

- **Summaries**

At the end of each module, a summary of your results for that module is available and can be printed out. These can also be accessed from your Workbook.

- **Workbook**

In the moodgym Workbook you'll find all of the exercises and quizzes that you encounter throughout the program.

Click here for more information: <https://moodgym.com.au/>



## Smiling Mind

Smiling Mind is a unique web and app-based program developed by psychologists and educators to help bring balance to people's lives. Smiling Mind is a 100% not-for-profit organisation that works to make mindfulness meditation accessible to all. Designed initially for young adults, Smiling Mind has branched out into a workplace program that can be delivered face-to-face or online and either on a short-term or long-term basis. Smiling Mind offers a range of programs covering general workplace culture and even specific workshops on mindful leadership and its application in your business.

Click here for more information: <https://www.smilingmind.com.au/>