

Your Ultimate Checklist for Quality Mental Health Support

How do I choose the best quality mental health support for my team?

If you're looking for mental health support, you might feel overwhelmed by choice.

But only the highest quality mental health benefits will really change your company's well-being and performance for the better.

To make it easy, we've made this checklist for you! Use our research-based criteria to discover whether a mental health benefit is good enough for your team.

Does this mental health benefit...

... feature the option for **team members to talk to psychologists?**

If yes, are these sessions:

At least **45 minutes** long?

Available in every team member's **native language?**

Held with **highly qualified, strictly vetted psychologists?**

... offer **easy access** through a **mobile and desktop app?**

... offer a **range of support options**, including...

Group discussions like roundtables?

One-on-one therapy sessions?

Meditations?

Self-guided digital lessons?

... consider **preventative options**, with lessons helping team members manage stress, resilience, self-esteem and more?

... offer **instant access to insights and reports** with data-based metrics to help you understand your team's well-being?

... feature **secure data protection and confidentiality** for all your employees?

How many checks do you have?

Less than 4

If you have less than four checks, this benefit is not high quality enough for your team.

Less than 8

If you have less than eight checks, this benefit might help a little... but you're unlikely to see dramatic, company-wide improvement.

8 or more

If you have eight or more checks, this benefit offers high quality support!

Want to talk more about mental health support?

Or looking for a benefit that offers all of the above?

→ [BOOK A CHAT WITH NILO TODAY.](#)