




Digital workplace mental health tool comparison

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Features to understand and manage psychosocial risk	Psychosocial risk assessment that assesses severity, frequency and duration of psychosocial hazard exposure				
	Psychological harm risk prediction (specific hazards and cumulative risk based on interaction of hazards)				
	Benchmark comparisons				
	Suggested mitigation strategies for identified risks				
	Develop and monitor controls with action planning feature				
	Assistance for adoption of international standard ISO 45003:2021				
Features to promote wellbeing	Mood check-in (for tracking wellbeing over time)				
	Self-assessment of wellbeing/resilience				
	Stress reduction tools (e.g. guided mindfulness)				
	Positive psychology tools (e.g. PERMA chat bot)				
	Character strengths tools (e.g. VIA survey, strength spotting)				
	Signposting to available support (e.g. EAP, Peer support)				
	Sleep science education				
Features to increase mental health awareness	Psychologist developed education material				
	Animated video content (to increase engagement and reduce literacy issues). More than 50 topics available.				
	Leader discussion guides for each topic (for blended learning)				
	Line manager specific training (Psych health & safety, Fatigue risk)				
	Mix of short and long course options				
	Training certificates available				
	Learning management system (LMS) for allocating training and monitoring progress				
Data Analytics	User engagement metrics				
	Time efficient surveys available (<10 minutes)				
	Customisable surveys/risk assessments				
	Line manager permissions (for data sharing at work group level)				
	Online dashboard with live survey data available (once minimum of 8 responses received to maintain anonymity)				
	Compare survey results across groups with customised filters				
	Anonymous aggregate survey results available with 8+ responses				
	CSV/JSON output				
Accessibility	Available on desktop, tablet and mobile app (iOS & Android)				
	MS Teams App				
	All modern browsers supported				
	Accountless survey option (access via URL/QR code/kiosk mode)				
	Choice of notification (e.g. email/smartphone alert)				
	English/French (Canadian)/Spanish languages available				
User Management/ Authentication	Unlimited number of admin accounts/line manager accounts				
	CSV upload				
	Single Sign On (Microsoft AD/Okta/Google)				
	SCIM integration				
	Custom filters for data segregation (e.g. department/job role)				
Data Privacy/ Security	ISMS certified to ISO 27001:2013				
	Choice of region for data hosting				
	Data Processing Addendum (for GDPR compliance)				
Support	Email support for all users				
	Knowledge hub				
	Dedicated account manager for enterprise accounts				