



The Importance of Mental Health in the Workplace

Best Practice at SAP:
Are You Ok Mental Health Initiative

Public

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Business Case

Health and Well-Being of employees is essential for sustainable success of companies.

Are you OK? Mental Health Initiative





EAP

The **Employee Assistance Program** (EAP) provides confidential support for employees 24/7 as well as for their immediate family members on matters of personal concern or mental health.



Ask the Expert

A **counselling** format hosted by a mental health expert providing the opportunity to get answers to mental health related questions in a **confidential chat**.



Mindfulness

SAP's Global Mindfulness Practice:
Cultivating practices for leadership,
productivity, and well-being for individuals and teams.



MHFA

The **Mental Health First Aid (MHFA)** Program equips individuals with the skills to support those facing mental health challenges.



Q & A

Thank you.

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