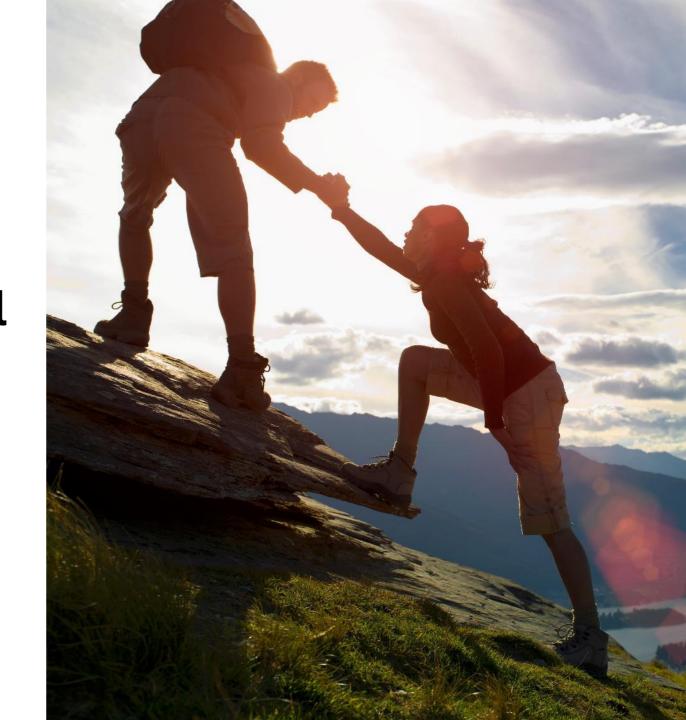


The Importance of Mental Health in the Workplace

Best Practice at SAP: Are You Ok Mental Health Initiative

Public

Tatjana Byrnes, Head of Health Promotion Germany Global Health, Safety & Well-Being, SAP 18.11.2024





Business Case

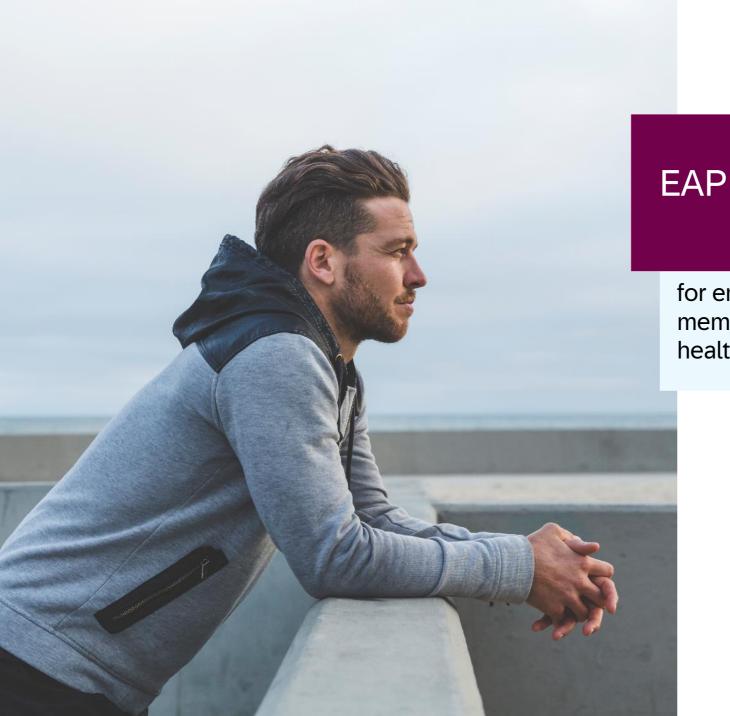
Health and Well-Being of employees is essential for sustainable success of companies.

Are you OK? Mental Health Initiative



Public

3



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.





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.



Thank you.

Contact information:

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