

IBM Mental Health Case Study Template

Showcase data-driven insights and effective strategies for enhancing well-being in the workplace.

Includes 2 Pages



IBM Mental Health Case Study

Overview	Objectives
<p>IBM, a global technology and consulting services company, recognized the critical importance of addressing mental health challenges in the workplace. After a full year of planning and implementing, IBM demonstrated the significance of having a supportive and inclusive environment for its diverse workforce to prioritize mental well-being.</p>	<p>IBM set out objectives to reduce mental health issues among its employees:</p> <ul style="list-style-type: none">Develop a Mental Health Charter, increasing and understanding overall mental health to reduce stigma and promote open discussions.Provide Accessible Resources (like comprehensive mental health resources and services) to employees, ensuring that their mental well-being is prioritized.Enhance Benefits (like offering flexible workdays and being by taking a culture that values mental health and promotes mental well-being).
Problem Statement	Solutions
<p>IBM faced several mental health challenges related to employees' high rates of stress, burnout, and stigma surrounding mental health. Employees reported symptoms from anxiety, depression, and burnout. Additionally, the 2020-21 pandemic further exacerbated feelings of isolation and increased employees' stress levels.</p>	<p>To address the mental health challenges, IBM implemented a multi-faceted approach:</p> <ul style="list-style-type: none">Mental Health Awareness Campaign: IBM launched regional webinars to raise awareness about mental health, emphasizing the importance of seeking help and addressing mental health issues.Employee Assistance Program (EAP): Offered enhanced EAP, providing

Mental Case Manual

**Minnesota Institution for the
Education of the Deaf and Dumb, and
the Blind**

Mental Case Manual:

Annotated Directory of Mental Health Training Manuals ,1990 **Clinical Manual for the Study of Medical Cases** James Finlayson,1891 Birmingham Medical Review ,1895 *Inside the Brotherhood* Heidi Gottfried,1987

Current Catalog National Library of Medicine (U.S.),1969 Includes subject section name section and 1968 1970 technical reports Congressional Record United States. Congress,1914 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873 *Evidence Issues and Jury Instructions in Employment Cases* ,2006 **Elementary Education Acts** Great Britain. Royal Commission on Elementary Education Acts,1887 **The Army Lawyer** ,1989 Report of the Committee of Council on Education (England and Wales), with Appendix Great Britain. Council on Education,1896 National Library of Medicine Current Catalog National Library of Medicine (U.S.),1969 First multi year cumulation covers six years 1965 70 **Spring 3100** ,1955 Report Great Britain. Royal Commission on the Care and Control of the Feeble-Minded,1908 *American Annals of the Deaf* ,1923 Beginning with Sept 1955 issue includes lists of doctors dissertations and masters theses on the education of the deaf **Parliamentary Papers** Great Britain. Parliament. House of Commons,1908 *The American Journal of Obstetrics and Diseases of Women and Children* ,1911 **New York Court of Appeals. Records and Briefs.** New York (State)., **Biennial Report of the Directors and Officers of the Minnesota Institution for the Education of the Deaf and Dumb, and the Blind** Minnesota Institution for the Education of the Deaf and Dumb, and the Blind,1877 Report Minnesota Institute for Defectives,1881 Cases Adjudged United States. Court of Appeals (District of Columbia Circuit),1959

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