



SAFE SPACE

THE BOTTOM LINE ON MENTAL WELLNESS

Introducing Safe Space™
The mental wellness solution for happier
and more productive teams.

INTRODUCTION

A mental wellness ecosystem that helps, heals and energises, wherever you are.

Safe Space™ provides organisations with the resources and therapeutic solutions that they need to keep their employees happy, healthy and productive. We deliver a comprehensive suite of mental wellness solutions to support organisations and employees to overcome their emotional obstacles.

We work as partners to your business and help you plan and implement a proactive programme of mental wellness – and our team of professionally accredited therapists deliver a comprehensive suite of evidence-based therapeutic solutions that are clinically proven to work.



The Safe Space™ platform provides:

- A continually updated library of resources that help maintain mental wellness
- Government-subsidised lectures from therapists that empower people to manage their mental wellness
- Online and face-to-face therapy for individual, couple and families that are particularly vulnerable
- A bespoke programme that organisations can deliver at scale
- Employee digital therapy in a data-protected environment

Certified and allied members of



Supported by



EMPLOYEE MENTAL WELLNESS IS A CRITICAL FACTOR IN PRODUCTIVITY - AND IT IMPACTS THE BOTTOM LINE.

Businesses lose money every year due to employee absence related to poor mental health. With more employees working from home, there is an increase in mental health issues such as isolation, depression, relationship issues and job security anxiety. Now more than ever, businesses need to support and foster the mental wellness of employees to avoid the cost of long-term absence.

Employee mental health in numbers

Even before the COVID-19 pandemic, anxiety affected **60 million** people in Southeast Asia - *Mercer*

86 million Southeast Asians are living with depression - *Mercer*

36% of Southeast Asians working remotely are experiencing mental health issues due to social isolation - *Mercer*

Only 29% of Southeast Asian HR leaders have a health and well-being strategy - *Mercer*

For every SGD 1 put into treatment for mental disorders, **there is a return of SGD 4 in improved productivity** - *WHO*



Safe Space™ delivers an evidence-based holistic mental wellness platform for employees, which reduces mental health related work absence, increases retention and productivity.

We help employers to transform their employee's mental wellness in 4 phases:



Quantify the business cost of their employee's mental wellness on the bottom line



Train managers for heightened awareness and to more effectively engage team members around their mental wellness.



Communicate: more effectively about mental wellness with internal Communications programmes that get people talking about mental health – without the stigma



Implement a full mental wellness solution that is tailored to each organisation's needs

Our team of therapists provide comprehensive support for:

- Stress, anxiety and depression (including bi-polar).
- Couples therapy, family therapy and bereavement.
- Substance abuse, eating disorders and OCD.
- Personality disorders and trauma.
- Customised Corporate Webinars and Workshops

THE PLATFORM

A full stack B2B2C digital mental healthcare platform that offers a blended approach of human therapy and mental health education to maintain long term mental wellness.

Safe Space™ offers:



Real-time matching in seconds to most suitable therapist for immediate care



Evidence based therapy: delivered by certified therapists both online and offline



Reporting dashboard: employers can access anonymised usage statistics and track the reported improvements in mental wellness across their employee base

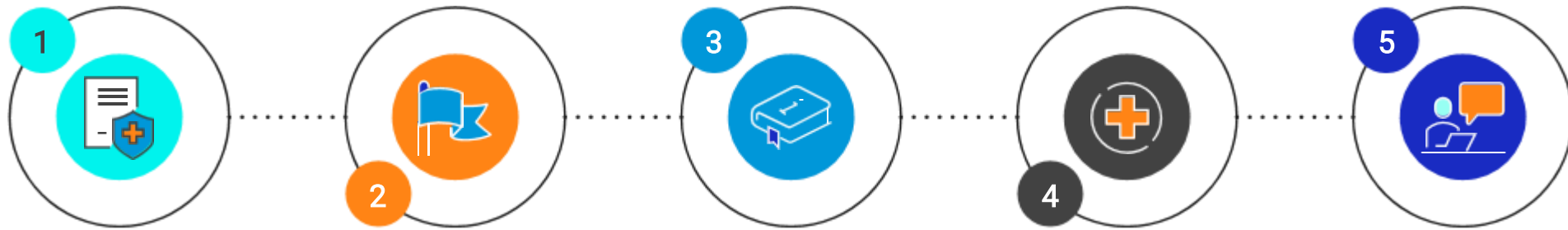


Easy access to therapists: that are available to fit in with employee's schedules for online and face-to-face therapy.



Mental Wellness Toolkit: A library of educative content and access to educative lectures accessed via the Safe Space™ portal

HOW IT WORKS



Diagnose: The employee completes an online assessment to help Safe Space™ identify their needs and recommend a therapeutic route.

Match: Using our real-time matching algorithm, the employee is presented with recommended therapists and therapeutic modalities.

Book: The employee selects a therapy plan and books their first therapy session.

Heal: Therapy commences and the employee begins their journey of healing.

Learn: In between therapy sessions, the employee is able to learn more about mental health through our resource portal and online courses

The employee experience

Safe Space™ complements established therapeutic modalities with a series of on-platform functionalities that enhance the employee experience:



GPS map to locate the nearest therapist – for urgent therapeutic requirements.



A digital therapy assistant – to keep employees on track and provide recommendations.



In-house medication subscription distribution – easier access to medications



An integrated insurance claims system – reducing claims admin.



Real-time bookings – giving employees easier access to therapists

OUR SOLUTION: HOW WE MAKE LIFE EASIER FOR EMPLOYERS

Safe Space™ offers tailored support for employers to help their employees overcome their mental health challenges, improve mindset, manage stress and increase happiness levels.

Using evidence based therapeutic solutions, our approach is proven to decrease employee sick days, improve retention and productivity.

The problems we solve for employers



Quantifying the issue: Using our proprietary framework, Safe Space™ enables companies to quantify the cost of employee mental wellbeing for the first time.



Third party expertise: Many employers lack the expertise to launch an internal initiative and employees are often reticent to reveal emotional problems directly to their paymasters.



Reducing the stigma: Safe Space™ works with organisations to reduce stigma and create a healthy dialogue around mental wellness across the



Managing Cash Flow: By providing a freemium tier, our Corporate Dashboard with a digital wallet with no minimum spend. This is to help companies manage cash flow during COVID-19

The benefit to employers



A consultative change agent: We work with HR leaders to identify obstacles and build a roadmap to deploy a tailored mental wellness programme



Full implementation: Safe Space™ designs, builds and implements a tailored programme and we support HR leaders to amplify awareness and drive employee engagement.



Up-skilling leadership teams: Safe Space™ trains leaders and managers to heighten their awareness around mental wellness with leadership training.



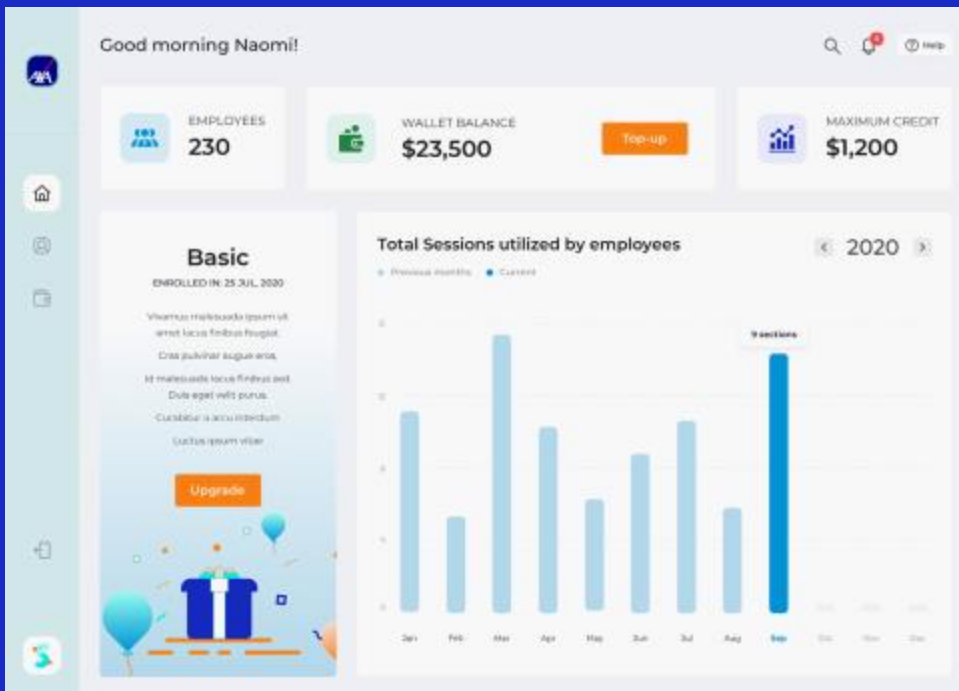
Scalable access: We offer tiered access and pricing based on usage to deliver an affordable solution that works for the long term.

AN EVIDENCE-BASED ROUTE TO PROFITABILITY

HR teams need to build a business case for investing in new initiatives which is why we work with HR teams to build a clear, robust business case and demonstrate exactly how the Safe Space™ platform will deliver measurable and tangible benefits.

The business case: We provide a full financial impact report before we work with clients, so businesses can see the effect on costs that mental wellness can bring, as well as the increase in employee productivity that our platform can provide.

Performance reporting: We provide continuous reporting on the progress of employees to demonstrate effectiveness. Reporting is anonymised, and gives a snapshot view of 'before' and 'after' using Safe Space™ to so business impact is 100% clear.

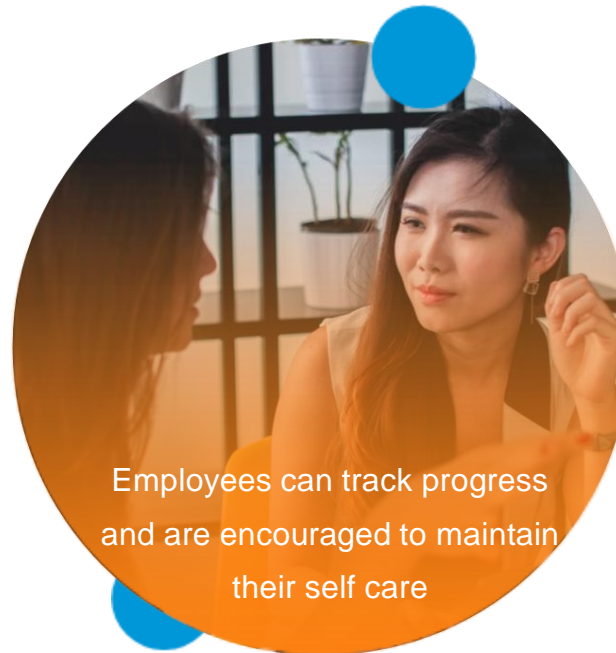


MAINTAINING EMPLOYEE USE

Safe Space™ goes beyond the standard approach to mental healthcare by encouraging employees to proactively maintain their mental wellness and maximise their happiness.

Our approach encourages employees to exercise ongoing self-care with a variety of educational content, lectures and therapy sessions

How this works:



Employees increase happiness and employers have happy, productive employees – everybody wins.

A STRATEGIC PARTNER IN UNCERTAIN TIMES

We aim to partner with businesses for their long term success. We work closely with HR teams to implement and provide ongoing support to help businesses proactively manage the mental health needs of their colleagues.

Working with Safe Space™ means you will:

Have a fully supported mental wellness programme – from planning through to deployment and ongoing management.



Have a reliable partner for tailored training – our therapists are ready to build and deliver bespoke training to help with anything mental wellness related.



Be able to quickly respond to changing needs of the business – we operate with agility and our platform gives us flexibility to quickly adapt to meet your exact needs.



Get access to government subsidies – we are backed by IHP WOW Funding for up to \$7,000 in government subsidies for mental health workshops / webinars



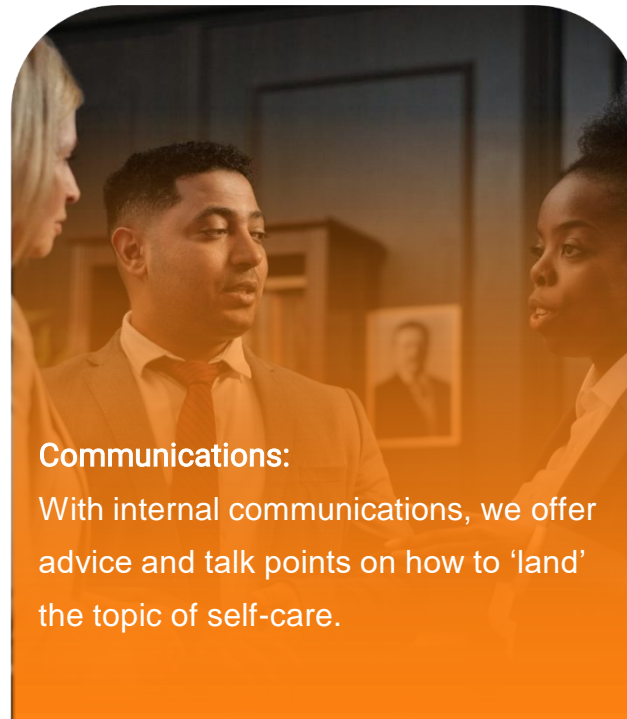
In times of uncertainty, you need a partner that fits into your particular journey. That's Safe Space™.

ENGAGE YOUR EMPLOYEES SAFELY AND EFFECTIVELY

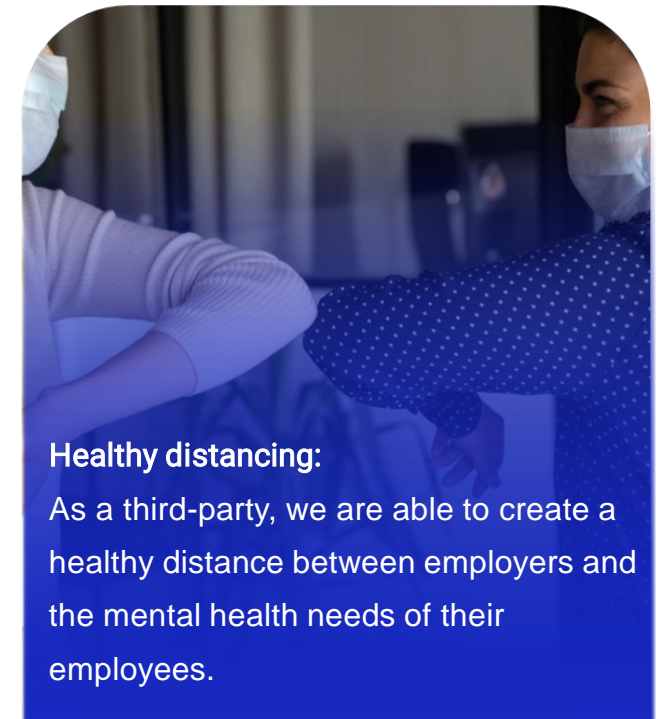
Safe Space™ ensures that you have a robust framework that allows you to engage employees in a safe way, protecting their mental wellness and your organisation.



Coaching:
We coach leaders and managers on how to 'check in' and manage the mental wellness of employees.



Communications:
With internal communications, we offer advice and talk points on how to 'land' the topic of self-care.



Healthy distancing:
As a third-party, we are able to create a healthy distance between employers and the mental health needs of their employees.

HOW WE DEPLOY SAFE SPACE™ WITH BUSINESSES

Our proprietary on-boarding process enables us to rapidly plan and deploy a tailored mental wellness support programme in weeks – not months.

Navigate the business:

Through initial consultation, we create a plan that helps the organisation identify any obstacles and we build a roadmap to ensure that all stakeholder requirements are met to deploy the Safe Space™ solution.



Deploy the solution:

We organise access for employees and provide HR teams with access to their management dashboard, giving the business anonymised data on how employees are progressing and the impact of the mental wellness programme.

Raise awareness:

Working with the HR team, we advise on the internal communications programme and work with them on the internal launch.

Plan the solution:

Based on the organisation's requirements, we produce a tailored mental wellness support solution that meets the business and employee's needs.

Coach the team:

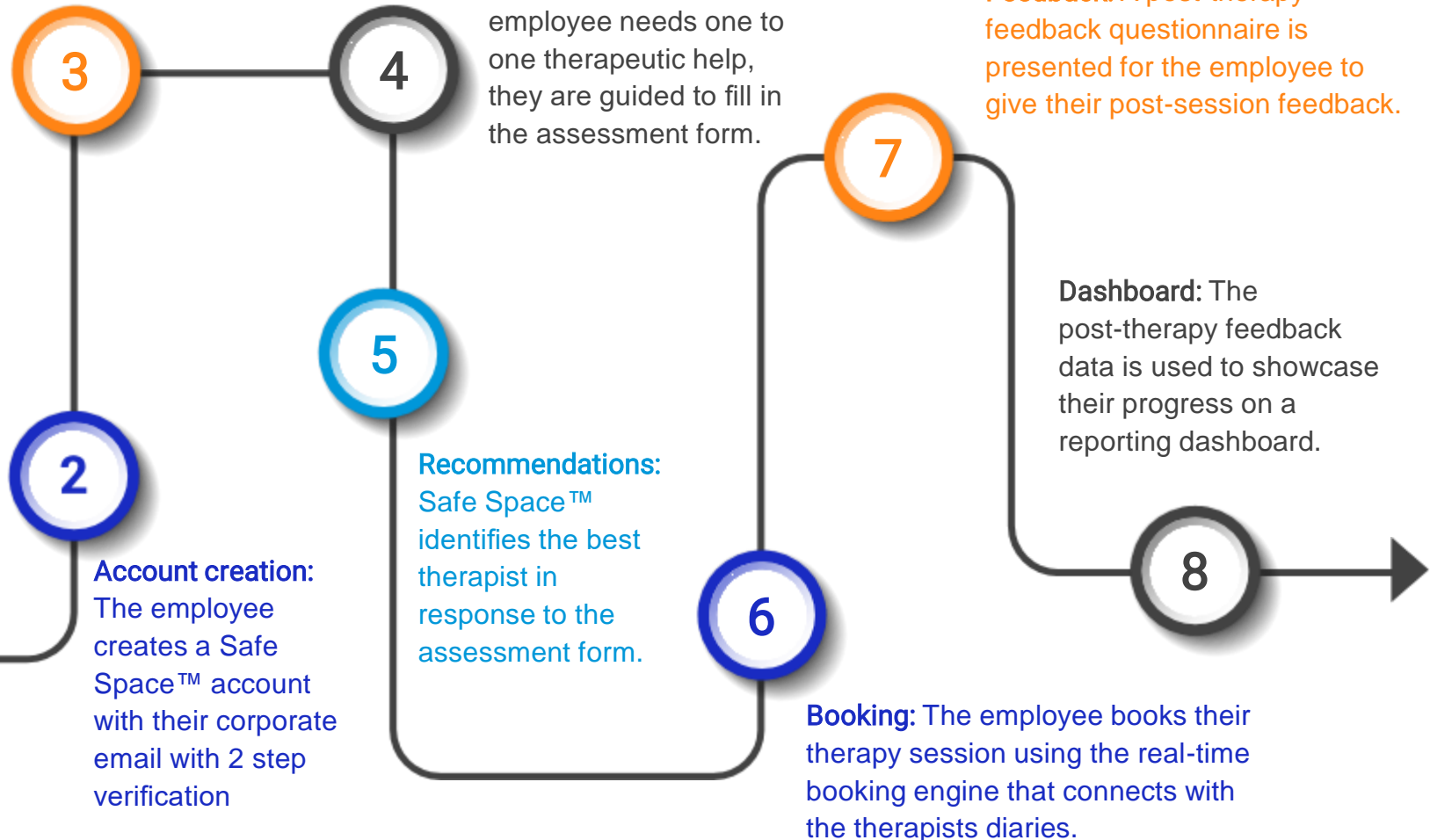
HR Managers and leaders are coached in how to navigate the mental wellness topic with team mates: from how to check in with employees to creating a safe environment for people to talk.

HOW IT WORKS FOR EMPLOYEES

Safe Space™ makes it easy for employees to gain access to high quality mental wellness support and can access exactly what they need to quickly begin the therapeutic process.

Access: The employee can immediately access advisory content to help them alleviate any short term challenges across a variety of mental health topics.

Invitations: HR issue invitations for employees to register and access Safespace.



A TIERED SUPPORT STRUCTURE

Safe Space™ has created a highly structured approach that helps users maintain their mental wellness and overcome their mental health challenges. Support and resources have been carefully organised into 3 tiers so that they help users along their journey, wherever they are.



MAINTAIN WITH ADVISORY CONTENT

Tier 1 is focused on proactive mental wellness and self-care. Users are presented with written content, tips, short videos and recommended exercises that help them maintain a healthy and happy mental state.



MANAGE WITH THERAPIST LECTURES

This level of support covers particular areas of worry and concern. For example, if a user has a problem at home with their partner and needs specific advice in that area, the 'manage' level can provide this. Support and education are provided via webinars, eBooks and workbooks focused on specific mental health challenges with the aim of helping alleviate those challenges if they are of a more manageable nature.



OVERCOME CRISIS WITH ONE TO ONE THERAPY

Sometimes problems and issues can be incredibly complex and in need of deep work. Our crisis aversion level of support gives users access to one to one therapy sessions so employees can work directly with a professional in a safe and structured environment to overcome their challenges.

SAFE SPACE™ CONSULTING

Our consulting offering provides comprehensive support to help businesses successfully implement an employee mental wellness programme on a seamless basis.

We bring our expertise and experience in mental wellness to help businesses avoid common mistakes and successfully plan, deploy and manage an ongoing mental wellness programme for their employees. **Our consulting modules include:**

1 BUILDING THE BUSINESS CASE

Every company is different. We understand that corporates need a solid business case before they invest in organisation-wide projects. That's why we have a dedicated approach to proving the business case for a mental wellness programme. We can provide extensive data on the cost of poor mental wellness to businesses. We can also provide evidence-based data on projected cost savings and productivity gains.

2 LEADERSHIP TRAINING

We know leaders and managers have a particular set of pressures on them in this kind of situation. We help by providing coaching that empowers leaders to have safe discussions about employee mental wellness. We also ensure that interactions between management and employees are structured, fit within best practice, and are results-oriented.

3 POLICY DEVELOPMENT

Safe Space™ Consulting can help create and implement an organisation-wide mental wellness policy that helps leadership teams and employees. We support businesses to develop and implement their policy to open the dialogue on mental health, reduce the stigma and offer a full service set of solutions that is fully inclusive, helping all employees regardless of age, gender or personal situation.

4 INTERNAL COMMUNICATIONS

We work with organisations to plan their internal communications initiatives to maximise awareness and engagement around mental wellness. We work with companies to develop their organization-wide initiatives that address mental wellness on a flexible basis.

5 FROM OFFICE TO HOME

Safe Space™ Consulting provides full support to help companies transition from office-based management of mental wellness to work from home settings to ensure that employees feel cared for and that their mental healthcare needs continue to be met by employers after their transition to work-from-home.

SAMPLE THERAPISTS



ROSE FAQUIR

Holds a Masters of Arts in
Counselling

Specializations:

Counselling for trauma (including
developmental trauma, PTSD and abuse)
Substance and process abuse counselling
Anxiety and depression



MERLE DESOUZA

Holds a Masters of Social Science
in Professional Counselling

Specializations:

Addiction therapy
Youth counselling
Borderline personality disorder
Self harm
Anger therapy
Abuse therapy



DAWN THEN

Holds a Masters in
Counselling

Specializations:

Anxiety and depression
Bipolar therapy
Attachment therapy
Stress management and therapy
Working with youth employees

THE TEAM

Meet the team that has decades of emotional mental wellness experience between them.



Antionette Patterson

Our CEO

10 years experience in the field



Jasmine Yeo

Our Lead Clinical Supervisor

8 years experience



Ian Morrison

Our CTO

10 years experience



Lynette Seow

Product Manager

5 years experience

Advisors

Dr Bernard Ng: A medical and clinical affairs leader with global, regional and local experience in the Pharmaceuticals and Consumer Health industries

Georgette Tan: Experienced Senior Vice President in communications with a demonstrated history of working in the technology and services industry.

THE ROAD MAP

Aim: To create the platform of choice for psychiatrists and therapists and expand into regional clinical care.

Phase two:
June 2021 to
December 2022

Phase one:
Present to May
2021

Aim: To build a robust therapy solution that is scalable, emphasising automation and 'self serve' potential.

Phase three:
January 2023

Aim: To create a full ecommerce system for holistic client wellbeing and to have a system that covers all cultures.



SAFE SPACE

THANK YOU