

# 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

<b>Overview</b> <p>IBM is a global technology and consulting company that recognizes the critical importance of addressing mental health challenges in the workplace. Amidst a fast-paced and demanding industry, IBM understood the significance of fostering a supportive and inclusive environment for its diverse workforce to promote mental well-being.</p>	<b>Objectives</b> <p>IBM set clear objectives to reduce mental health issues among its employees:</p> <ul style="list-style-type: none"><li>• <b>Designate Mental Health Champions:</b> Identifying and empowering expert mental healthers to reduce stigma and provide open discussions.</li><li>• <b>Provide Supportive Resources:</b> Offer comprehensive mental health resources and services to employees, ensuring they have access to professional help and guidance.</li><li>• <b>Enhance Employee Well-being:</b> Improve overall employee well-being by fostering a culture that values mental health and promotes work-life balance.</li></ul>
<b>Problem Statement</b> <p>IBM faced several mental health challenges within its organization, including high levels of stress, burnout, and stigma surrounding mental health discussions. Increased absenteeism from existing talent, particularly the shift to remote work during the COVID-19 pandemic, further exacerbated feelings of isolation and impacted employee well-being.</p>	<b>Solutions</b> <p>To address the mental health challenges, IBM implemented a multi-faceted approach:</p> <ul style="list-style-type: none"><li>• <b>Mental Health Awareness Campaigns:</b> IBM launched targeted campaigns to raise awareness about mental health, emphasizing the importance of seeking help and destigmatizing mental health issues.</li><li>• <b>Employee Assistance Program (EAP):</b> IBM introduced an enhanced EAP, providing</li></ul>

# **Mental Case Manual**

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Martin**



## **Mental Case Manual:**

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