

MENTAL HEALTH CHECK IN

an unprecedented mental health initiative in Resources

Peta Slocombe (M.Psych)



One Million Lives

by **Jacobs**



One Million Lives

by **Jacobs**

The Story of One Million Lives

One Million Lives (OML) was co-founded by Jacobs, one of the world's largest global solution providers after engaging in Australia's Biggest Mental Health Check-in to help employees measure and track mental health from the privacy of their own device.

The insights, conversations and changes to mental health were profound.

Realising that many companies, employees, families, and communities were suffering without access to the same resources, they partnered with Australian Check-in creator and Psychologist Peta Slocombe and local industry sponsors to write, develop and fund a pro bono campaign giving free access to all.

It is our vision to join with industries across the globe to reach One Million Lives.

The Australian Mental Health in Mining Association are leading a Resources industry check in campaign to have all our crews, on all our sites stop and check in together. This ground up campaign launches 12th October, supported by AMMA with mid tier, minors, majors, exploration and contract companies pledging support.

*Mental health issues are **foreseeable, measurable, and changeable.***

*Yet 78% of males and 56% of females can't identify when they are in troubling ranges,
no country in the world currently measures mental health until people are unwell,
and few of us know exactly where to start in making changes.*

One Million Lives, and you, can change that.

Peta Slocombe (M.Psych)
Co-founder

Our Why

REDUCE STIGMA

Thriving or surviving.
We are all Checking in
on our mental health
together

START CONVERSATIONS

Sharing with our crews
Encouraging mates to
get the tally up to
improve or save a life

NEW INSIGHTS

Evidenced based
scales showing
dashboard of
current mental health;
early warning signs,
risk areas to focus on

PERSONALISED STRATEGIES

Simple, customised
strategies based on
responses

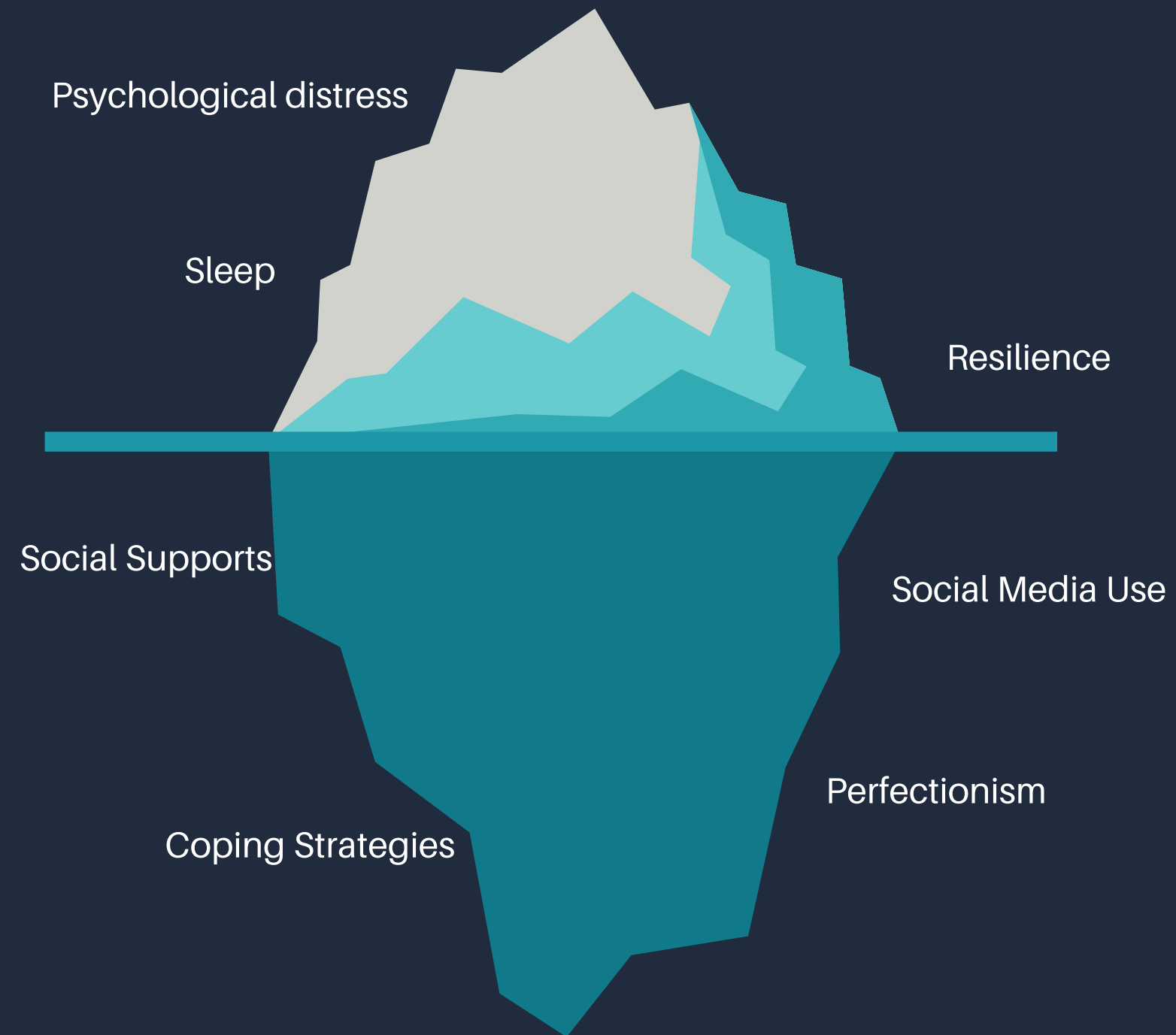
RESOURCES + CONTACTS

Reduce barriers to help
seeking. Next steps,
local supports, share
scores with GP or EAP

INDUSTRY CHANGE

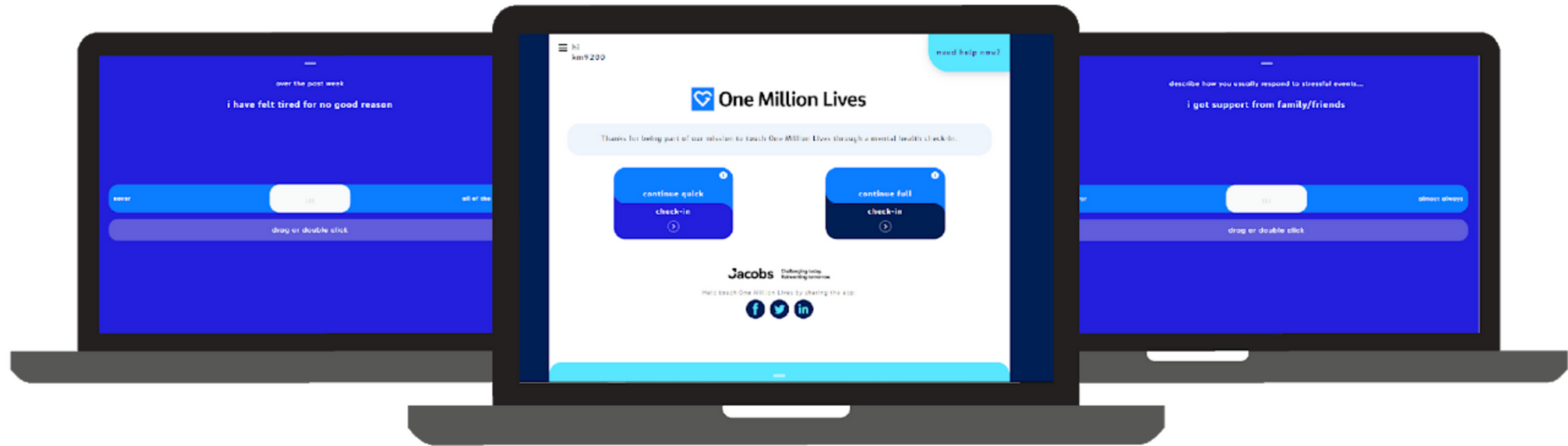
Unprecedented insights
into Construction for a
clear, united pathway
forward

What OML measures & why?



5-7 minutes

COMPLETE THE FULL-CHECKIN



**Over the past week
I felt like everything
was an effort**

Never Almost Always

**How often do you
have problems falling
asleep at night?**

Never Almost Always

**I often worry about
things that turn out to
be unimportant**

Very Inaccurate Very Accurate

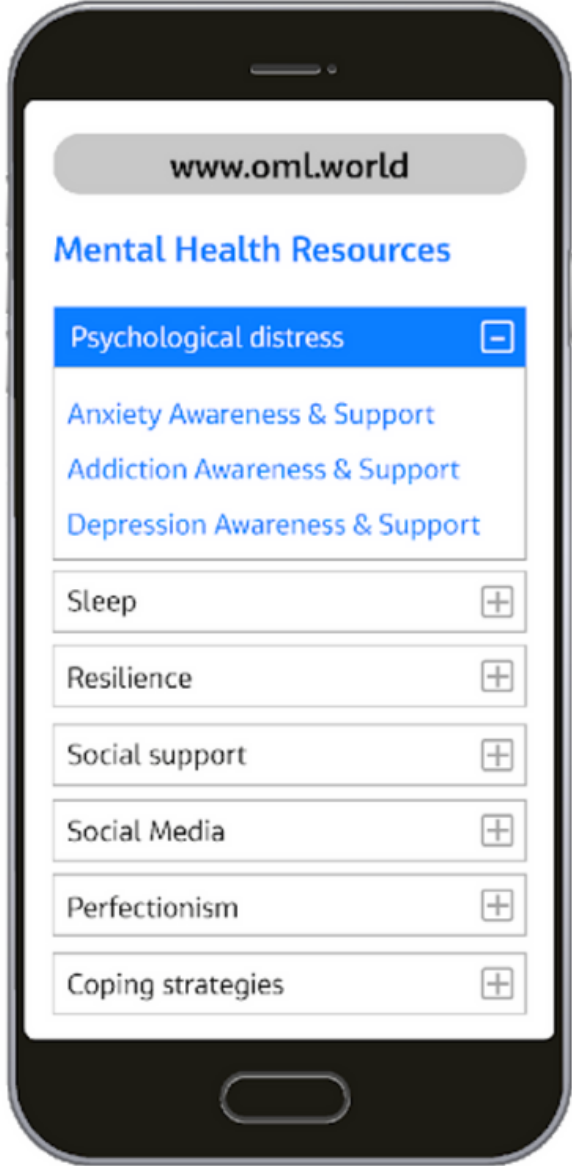
**How does social
media use impact
your mood?**

Worsens Improves

**I have a strong need
to strive for
excellence**

Strongly Disagree Strongly Agree

Check out your results



One Million Lives by Jacobs

Unhelpful Thinking Habits

One Million Lives

10 Top Tips: Getting a good night's sleep

- 1 Support your circadian rhythms. Ensure...
- 2 Create a calm sleep environment. No...
- 3 Increase your sleep hygiene. Avoid...
- 4 Consider your sleep schedule. Try...
- 5 Take care of your body. Exercise...
- 6 Identify unhelpful thinking habits. No...
- 7 Seek out solutions and not problems. Thi...
- 8 Sleep, otherwise you're sleeping. Practi...
- 9 Find help. You don't have to find a path...
- 10 Keep learning via reading, e-learning, podcasts or online courses. Some...

Jacobs
Challenging today. Reimagining tomorrow.

Campaign overview

IN YOUR HANDS



Scan QR code on the poster or search [oml.world](https://www.oml.world)



Choose

Full Check-in + take 5 minutes to answer questions on any device



Check your score + personalised next steps



Share that you've taken part and encourage others to do the same



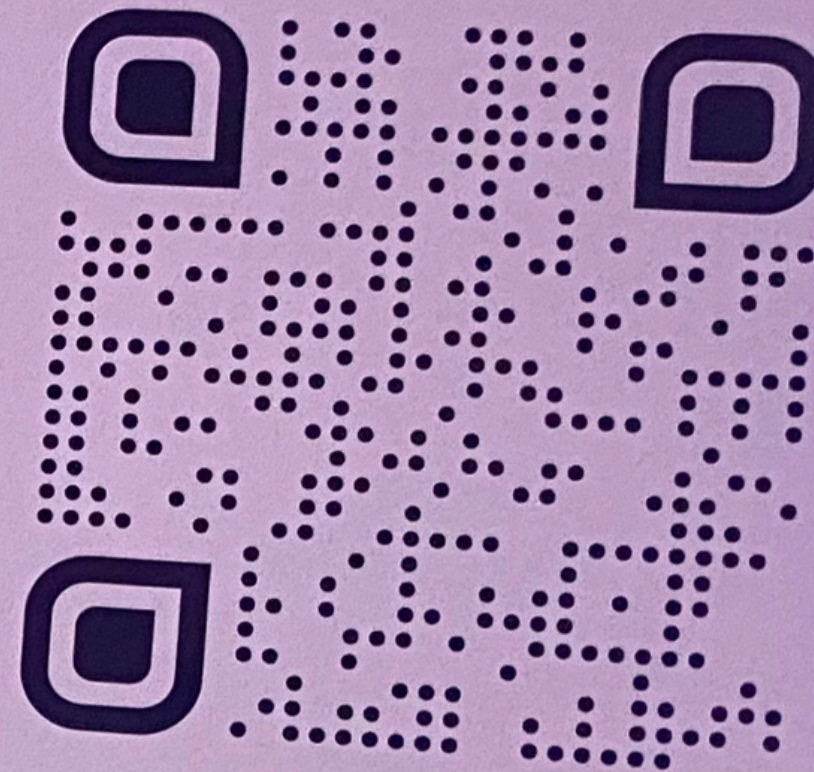
Go Live starts now

It's **R U Ok Day** and we're changing the face of mental health by all checking in together! So please **set up your account** now to ensure you are ready to go!

Scan the QR code and fill out the details. No identifying information is required.

Choose "**Full Check in**"

Make a start now, or we will give you time to complete the **50 question Check in** together.



wimwa
Women in Mining and Resources WA

app.oml.world/Register