



HOW TO BEST PROTECT YOUR HUMAN CAPITAL?

TECHNOLOGY TO PROMOTE MENTAL HEALTH AT WORK

Organizational Psychologist
Jaakko Sahimaa
@jaakkosahimaa
www.jaakkosahimaa.fi

Introduction

Jaakko Sahimaa

Organizational Psychologist

@jaakkosahimaa



Terveystalo

MWF
Meaningful Work Finland

R
H M
PARTNERS





CASE WILLIAM

50%

of the adults (in the US) will be diagnosed with a mental disorder at some point in their lifetime.
The most common are depression and anxiety.

#1 HEALTH ISSUE

According to the WHO Mental Health Issues (Depression alone) will be the leading cause of the global burden of disease by 2030. The total costs of mental illness are EUR 600 Billion, more than 4% of GDP across the 28 EU countries and globally \$ 16 Trillion by 2030.


#1 REASON FOR DISABILITY PENSION

Over one third of the Disability Pensions in Finland are granted due to mental disorders. The main part of disability pensions granted to under-35-year-olds are granted on the basis of mental disorders. And the amount has increased 79% among young people in ten years.



24%

of Finnish employees have at least mild burnout symptoms. 2-4% of employees have difficult burnout symptoms. Burnout should be taken seriously, as prolonged burnout may lead to depression among other things.





Something in our society and
working life is broken!

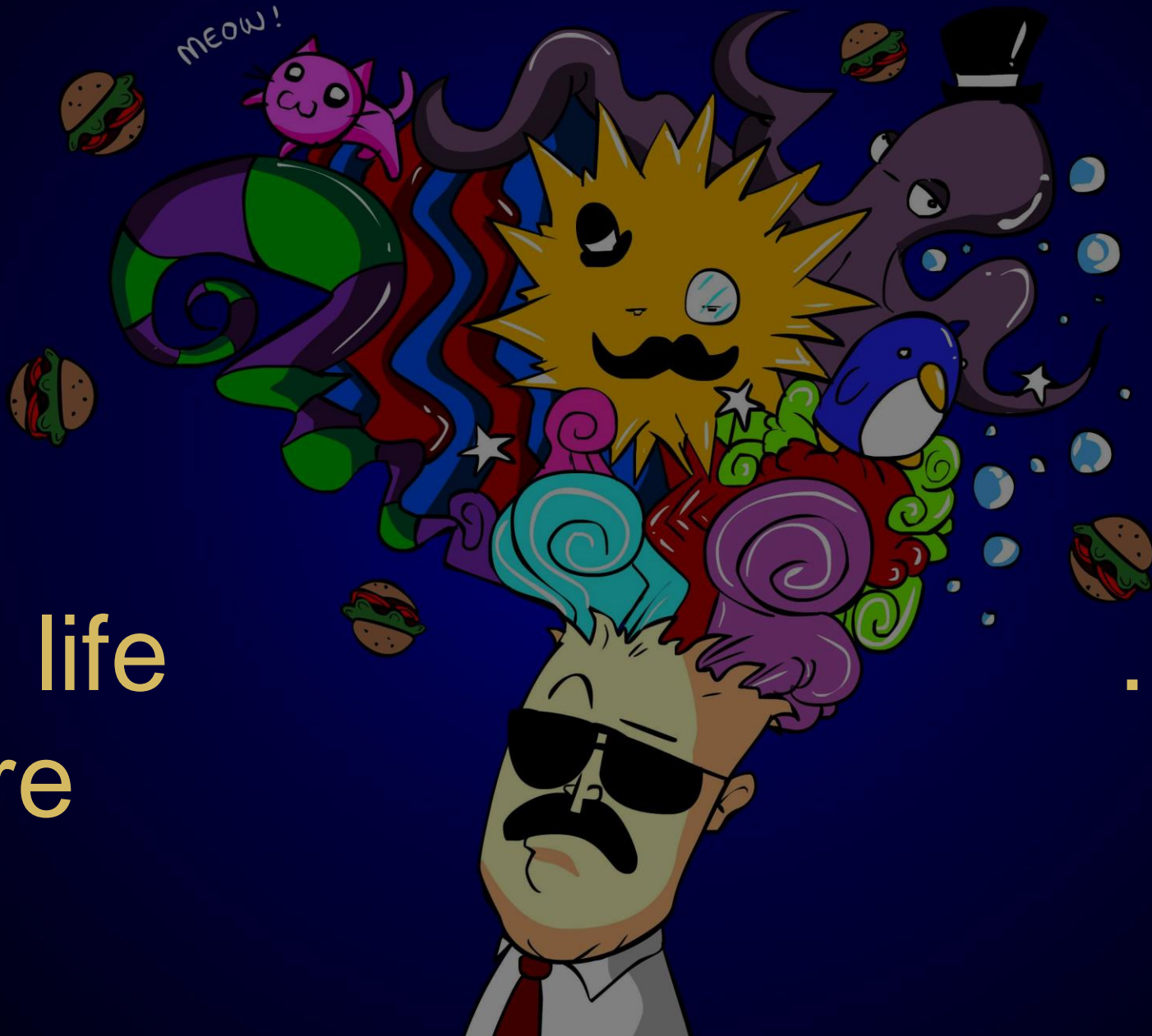
How can we fix this?

Healthy

Healthy working life
for individuals and
for organizations

Efficiency

Human efficiency
needs to be
redefined



Working life
with more
flow...

...and less
mental
load.

TECHNOLOGY TO PROMOTE MENTAL WELL-BEING



PSYHACK

PSYHACK.FI

HELSINKI
THINK
COMPANY

 Meru Health
The New Standard of Mental Healthcare

PSYKOLOGIPALVELU
POIJU
WWW.PSYKOLOGIPALVELUPOIJU.FI

TECHNOLOGY TO PROMOTE MENTAL WELL-BEING



Question for you

What kind of role could technology play to solve the problems of mental health in our working life and society?

What kind of solutions are needed?



Thanks!

@jaakkosahimaa
www.jaakkosahimaa.fi