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Press release from Klenico AG

Siemens is working with Klenico to promote employees' mental health

Siemens Schweiz AG is now working with Klenico AG to promote its employees' mental health, using the scientifically validated Klenico Mental Health Check. This records mental health issues of every kind in a digital, efficient and comprehensive manner, while simultaneously determining the level of severity (mild, moderate, severe) of the issue in question. The Mental Health Check is a screening that requires no diagnoses to be assigned. In a psychological consultation with a Klenico therapist, mental health issues are discussed using the Klenico symptom map, categorised, and explained to the employee. The Mental Health Check enables the specific issues facing an individual employee to be treated in a targeted, efficient way.

Preventing mental health issues from arising, safeguarding good mental health, and rebuilding mental health after an issue has arisen are very important to Siemens Schweiz AG, with looking after employees' mental health being just as important as looking after their physical health. Why? Because one in four people will suffer from mental health issues over the course of their life (WHO 2013). These kinds of mental health issues represent a major challenge for the individual in question, and from a company's perspective, too, mental health is a key condition for employees' performance and commitment.

Fear and uncertainty mean that people rarely talk about mental health issues at work, which leads to valuable time being lost until the individual in question seeks advice or treatment. Early recognition, and the resulting early intervention, are key factors for successfully treating mental health issues. This is where Klenico comes in: its new corporate product supports employees in recording their mental health quickly at an early stage and in initiating the correct, individual treatment steps in a stepped-care approach.

The low-threshold yet highly efficient approach to recording and discussing individuals' mental health saves a good deal of time and enables all-important early intervention to be carried out. Individual, tailored treatment approaches and recommendations are set out as part of the psychological consultation: they could take the form of health promotion, digital psychotherapy, video psychotherapy or in-person psychotherapy.

This new product for corporate clients sees Klenico expand its existing range for outpatient market. Klenico offers intelligent, CE-certified software that records mental health issues precisely, provides a clear overview in the form of symptom maps, and enables speedy, targeted support and treatment.

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