Freedom of Information Request: Our Reference   CTHB_75_19

You asked:

Please answer the following questions regarding your organisations use of mobile applications to support **employee** mental/emotional health and wellbeing.

1. **Does your organisation offer any <u>digital apps</u> as a resource for staff to support their mental/emotional health and wellbeing? (e.g. Big White Wall, My Possible Self, Thrive)** *Apps may provide advice and guidance to support wellbeing, diary entries or an interactive self-help programme etc. to support the reduction of stress, anxiety and/or depression*

   I can confirm that the Health Board does not currently offer any digital apps as a resource for staff to support their mental/emotional health and wellbeing.

2. **If yes to Q1 please provide the following information for <u>each app </u>used by the organisation**
   a. **Name of third-party supplier(s)**
   b. **Who is responsible for the payment of the app** *(i.e. employee or employer)*
   c. **What is the annual price paid for the app in 17/18?**
   d. **Contract start date & end date**
   e. **What date did the app <u>go live</u> in the organisation?**
   f. **Did the organisation use a framework to procure the service? If so, please state the framework used**
   g. **Please list <u>all external systems</u> the app integrates with** *(e.g. EAP providers, GP referrals)*
   h. **Does the app include any form of financial wellbeing support?** *(e.g. advice and/or helplines)*
   i. **Through the utilisation of the app, has your organisation seen any <u>quantifiable benefits</u>? Please provide detail on the benefits achieved** *(e.g. an increase in employee productivity, increase in staff retention, reduction in staff sickness absence or a reduction in occupational health referrals)*

   N/A

3. **For <u>each supplier</u> listed in Q2, please indicate the number of employees registered on the app, split by the following staffing groups**

Name of Supplier	Nursing & HCA's	Medical	Allied Health Professional/ Scientific, Therapeutic and Technical (AHP/STT)	Non-medical Non-clinical (NMNC)	Total

N/A