

# Effectively addressing the effects of poor mental health in the Legal Sector

Linklaters **pilot** of the Betterspace employee mental **wellbeing platform** had:



**336**

Linklaters employees



**100 day**

duration



**£300**

personal budget



**BetterSpace delivered 94% engagement rate**

versus averages of 2-5% for EAPs and 10-40% for gym memberships.



of the **500+** resources available were used.

+



total demand for the most popular resource.



This illustrates the **importance of choice** in tackling mental wellbeing.



## Key Findings:



of employees said the personal budget meant they **tried things that they wouldn't have otherwise.**



Employees said...



they were more likely to **prioritise their mental health when given personal budgets** by a ratio of

**12:1**

and they would **prefer access to BetterSpace over a gym membership** by a ratio of

**6:1**

**70%** of employees **used all of their available budget.**



**15%** of employees **went on to spend their own money.**



of employees **improved** their **mental health literacy**



of employees **found a resource** that they'll **continue to use**



of employees **saw an improvement** in their **mental wellbeing.**