

# Mental Health Index

## U.S. Worker Edition

### September 2021 Update



#### Methodology:

- Dozens of large US corporations using the Total Brain Platform
- Weekly randomized selection of up to 500 assessments
- Statistical control for cohort effect



# Speakers



**DR. EVIAN GORDON, MD,  
PHD**  
Founder and Chief Medical Officer, Total  
Brain



**MICHAEL THOMPSON**  
CEO, National Alliance



**COLLEEN MCHUGH**  
President, Healthcare Policy Roundtable / HR  
Policy Association

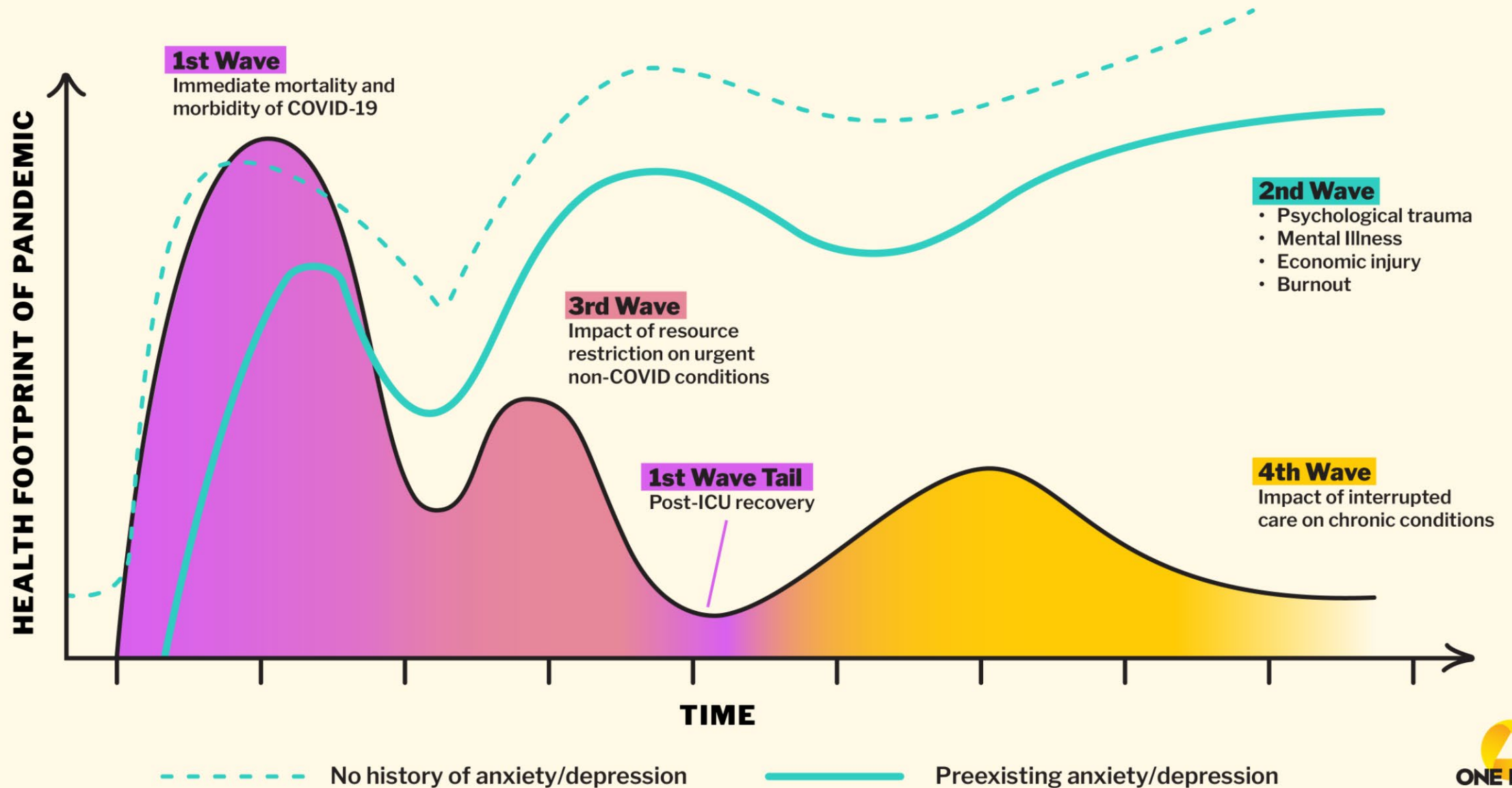


**DREW HOLZAPFEL**  
Managing Partner, High Lantern Group /  
One Mind at Work

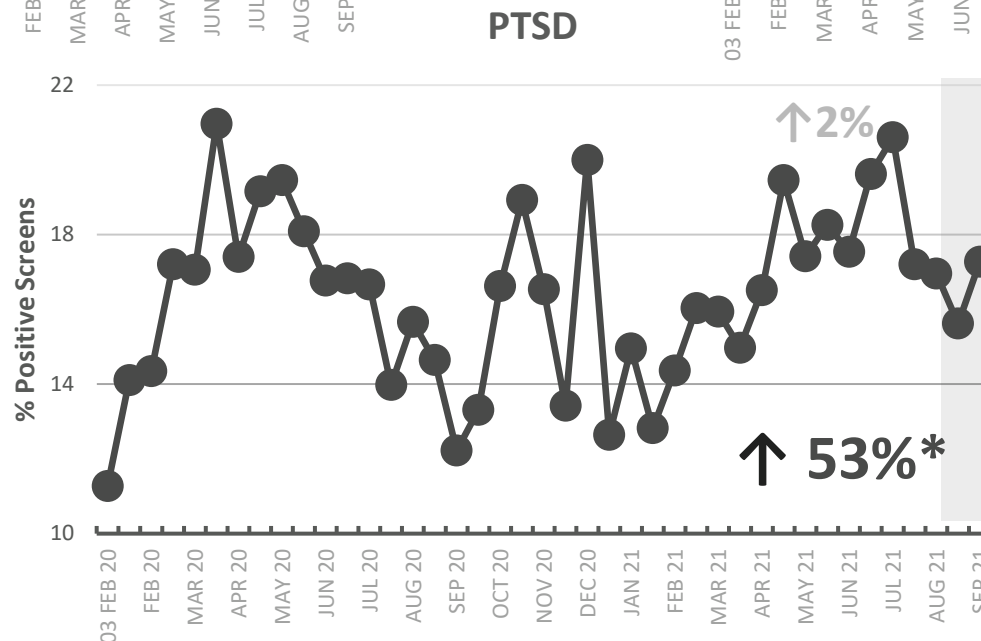
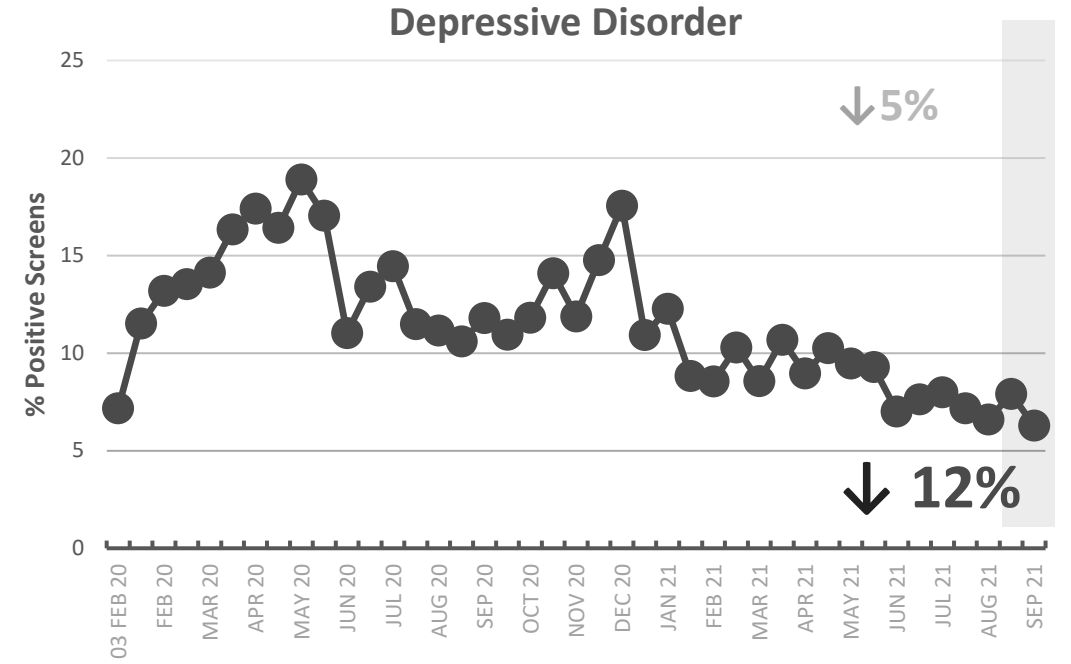
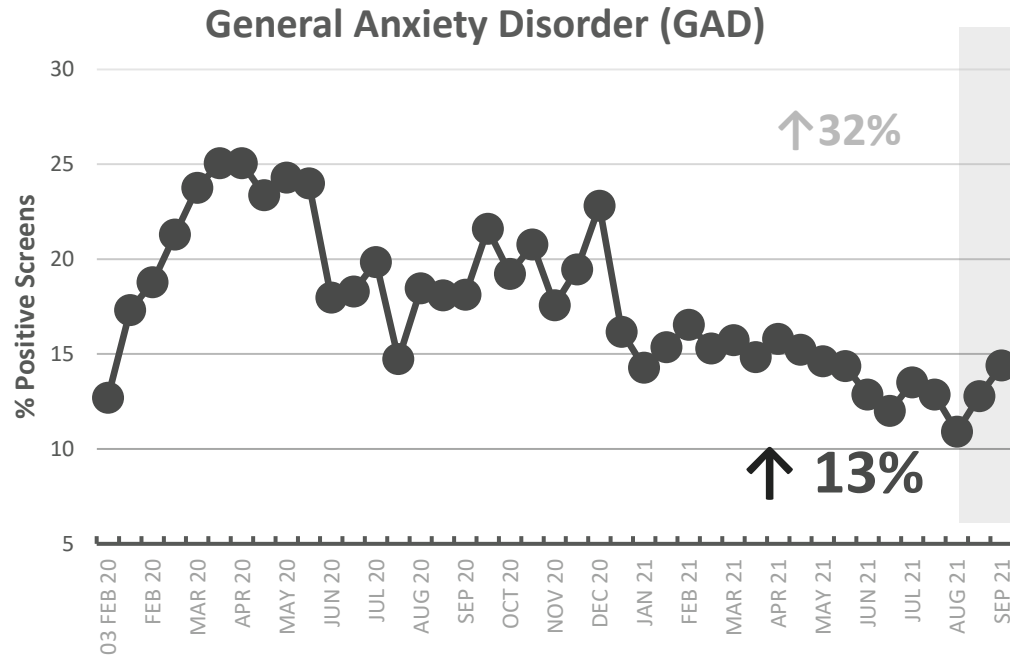
**#thisisnormal**



# COVID-19 IMPACT TIMELINE



# MHI September-21: Key Risk

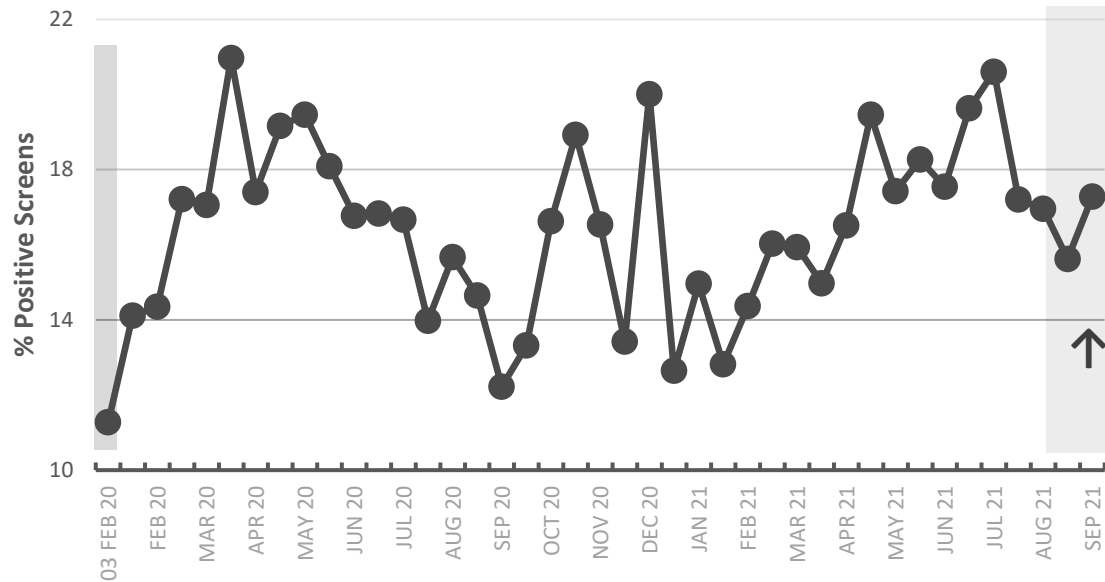


# MHI September-21: Why It Matters



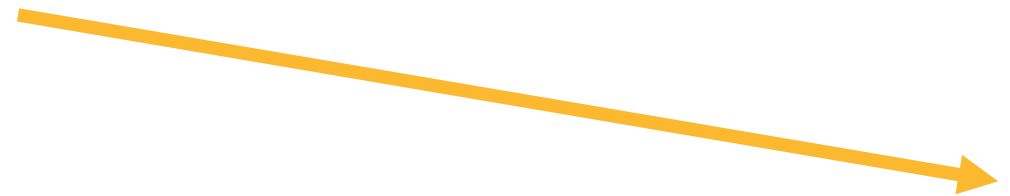
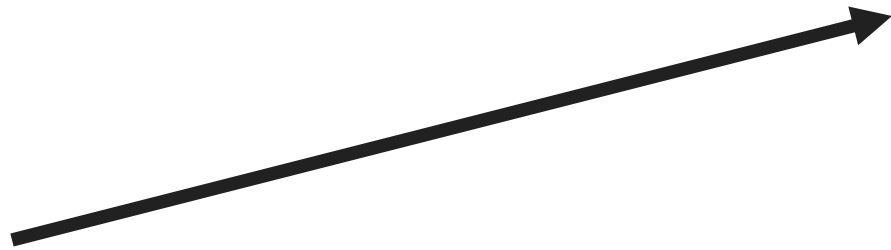
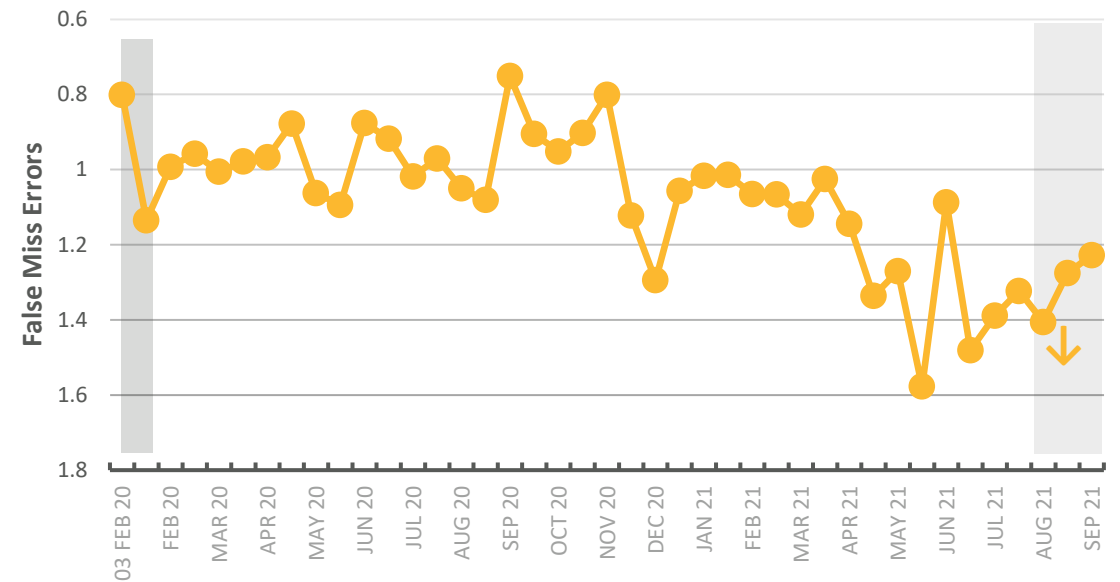
## PTSD

53% higher than pre-pandemic



## Sustained Attention

53% worse than pre-pandemic



# 3 Steps Employers Can Take to Address Trauma

- 1** Recognize the multiple dimensions of trauma
- 2** Practice traumatic event responses
- 3** Integrate trauma into mental health conversations



# 3 Steps to Help Employees Take Immediate Action

- 1 Generate Awareness** – Acknowledge this is a vulnerable time for employees.
- 2 Provide Options for Stress Reduction and Mental Health Support** – Specific evidence-based solutions.
- 3 Help Employees Find What Works for Them** – Point employees to evidence about behavior change.



# Download One Mind at Work's New Whitepaper



2021 CHRO Insights Series:  
TRAUMA AND MENTAL HEALTH  
IN THE WORKPLACE

Visit:

<https://onemindatwork.org/chro-reports/>





THANK YOU



# Disclaimer

This presentation is issued by Total Brain (ASX: TTB) (“Total Brain”, “the Company” or “we”) to you, is to be held confidentially by you and may not be shared by you with third parties. This presentation is general background information about the Company’s activities current as at the date of this presentation. The information is given in summary form and does not purport to be complete. This presentation is not an offer to sell, or any sale, of securities. Any offer and sale of securities would be done only pursuant to a written agreement between Total Brain and its investors.

Total Brain has made every effort to ensure that the information in this presentation is accurate. However, its accuracy, reliability or completeness cannot be assured. To the maximum extent permitted by law, we and our associates, respective officers, employees and agents, disclaim any liability for any error or omission or for any loss suffered as a result of others acting on the basis of the information contained in this document.

In particular this presentation includes forward looking statements (e.g. phrases with “will” “may”, “would”, “anticipate”, “expect” and other statements about future events, results or outcomes) regarding our belief, intent or expectations with respect to the Company’s businesses, market conditions and/or results of operations, and while our management believes reasonable assumptions have been made, the Company’s actual results may vary in a material and adverse manner, nothing herein is a guarantee of future performance and you are cautioned not to place undue reliance on such statements.

Except to the extent required by law, the Company has no intention to update or

revise forward-looking statements, or to publish prospective financial information in the future, regardless of whether new information, future events or any other factors affect the information contained in this presentation.

Any investment in the Company is subject to various risks, including but not limited to, our technology and science not meeting current expectations, intellectual property challenges, competition in the market, insufficient customer acquisition, legal and regulatory limitations in certain jurisdictions, privacy issues, among others.

Information in this presentation, including financial information, should not be considered as legal, financial or tax advice or a recommendation to investors or potential investors in relation to holding, purchasing or selling securities. Before acting on any information you should consider the appropriateness of the information having regard to these matters, any relevant offer document and in particular, you should seek your own independent financial, legal and tax advice.

