



ICAS

A Lyra Health company

WELL-BEING DIAGNOSTIC TOOL

As part of the ICAS Evolve Wellness Programme, your organization has the opportunity to conduct an organizational wellness diagnosis in partnership with the ICAS Organisational Development Consulting Service team.

Wellness is multidimensional, and various factors play a role in our levels of well-being. We diagnose organisational wellness and mental health through the application of the ICAS Organisational Wellness and Mental Health survey, which provides a group-level overview of the current status quo of mental health and wellness in your organization.

This includes the following dimensions:

- Experience of anxiety
- Stress at work
- Stress at home
- Exposure to trauma
- Hope/Inner strength
- Mental Illness: General
- Mental Illness: Psychosis/Mania
- Mental Illness: Intervention & treatment
- Coping mechanisms
- Depressed mood: Experience
- Body well-being
- Body behaviours
- Mind care
- General well-being

Data is gathered through an online survey and individual responses are anonymous. The purpose of the diagnosis is to provide an organizational level overview of the current state of wellness in your organization, which can be used to inform the development of your employee wellness programme.

For more information visit the custodian portal and click on the Well-Being Diagnostic Tool icon or send a mail to – evolve@icas.co.za

