1to1help | 25 Years Happiness. Works Best.

Wellbeing built for the way Manufacturing works



The People Challenges Shaping Manufacturing Workforces

- Shift & overtime pressure
- Production deadlines & fatigue
- Safety concerns & mental strain
- Mental health stigma
- Limited access to digital support
- Language & communication barriers
- Technology & automation anxiety
- Limited crisis readiness

The Ripple

76% of employees report stress impacting performance.

Industrial Psychiatry Journal; PubMed; Occupational Health Studies (India)

84% of employees experience anxiety or low mood.

Deloitte; ADP Research Institute

~80% have faced mental health challenges at work.

HCL Healthcare; ADP Research Institute

WHAT WE OFFER

Your workforce needs are unique.

Our solutions can be tailored to meet them.



Accessible Registration

- Toll-free helpline
- Onsite counsellors
- SMS registration

Counselling Support

- 24×7 helpline
- Onsite face-to-face counselling

Content & Communication

- WhatsApp
- Micro-sessions
- Posters
- Wallet cards
- Videos
- Regional languages
- Company radio
- Display screens

Manager / HR Enablement

- Emotional Care Champions (ECC)
- Crisis workshops

25 Years of Expertise

1.3M+ Sessions Delivered

22K+ Risk Cases Covered

11.16M+ Lives Covered

We Deliver Measurable Change

95%	91%	97%	97%
same-day session requests fulfilled	satisfied with counsellor care quality	employees found counselling helpful	employees progressed in ≤3 sessions

Let's build a wellbeing strategy for your Workforce.

Visit 1to1help.com or scan the QR code to request a demo.