1to1help | 25 Years Happiness. Works Best.

Wellbeing built for the realities of Healthcare



The People Challenges Shaping Healthcare Workforces

- Long shifts & demanding workloads
- Emotional demands of patient care
- Burnout & compassion fatigue
- Mental health stigma among care teams
- Uneven access to quality care
- Limited crisis readiness
- Diverse needs across clinical & support teams
- Limited workforce wellbeing insights

→ The Ripple

52% of healthcare workers in India experienced burnout

Systematic review & meta-analysis, 2025

47% of healthcare practitioners in India reported personal burnout.

Journal of the Association of Physicians of India, 2025

58% of trainee doctors who did not seek mental health support cited fear of being seen as weak by peers.

Indian Journal of Psychological Medicine

WHAT WE OFFER

Comprehensive and Customised Solutions

Employee Assistance Programme

- 1:1 confidential counselling
- 24×7 helpline & crisis support
- Psychometric assessments
- Webinars & group sessions
- Self-care app
- Awareness campaigns
- POSH training
- Mio, AI Wellbeing Assistant
- Reporting & insights with The Hub
- Manager coaching & sensitisation
- Multilingual resources
- Dedicated Customer Success Support
- Financial, Legal & Nutrition Support

Emotional Risk Survey

- 23-statement assessment
- 4 emotional risk domains
- Individual & organisational insights
- Cohort-level analysis
- Customisable reports
- Tailored action plan
- Reassessment to measure impact

Emotional Care Champions

- Champion onboarding & pre-assessment
- Counsellor-led mentorship
- Mental health & allyship training
- Active listening & empathy training
- Stress & anxiety awareness
- Criticality response
- Follow-up sessions
- Refresher training & peer-sharing circles
- Ongoing awareness & wellness resources

Cohort-Based Wellbeing Programmes

- Feet on Street
- Shiftwork Management
- 1to1Maternity
- 1to1Shield
- 1to1Parenting
- 1to1GenZ
- 1to1Women
- Leaders Programme



25 Years of Expertise



1.3M+ Sessions Delivered



21K+ Risk Cases Covered



11.16M+ Lives Covered

We Deliver Measurable Change

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

Let's build a wellbeing strategy for your Healthcare Workforce.

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