1to1help | 25 Years Happiness. Works Best.

Wellbeing built for the way Engineering works



The People Challenges Shaping Engineering Workforces

- Project-driven workloads & tight deadlines
- High-performance & delivery pressure
- Long hours & work-life disruption
- Burnout masked by performance culture
- Mental health stigma
- Uneven access to quality care
- Limited crisis readiness
- Diverse needs across roles & career stages

The Ripple

89% of engineers experience job-related stress.

Hays Engineering Mental Health Survey, 2023

65% of engineering professionals surveyed had experienced burnout in the previous 12 months.

Jellyfish State of Engineering Management, 2024

35% of engineers say their employer does not provide tools to reduce workplace stress.

Hays Engineering Mental Health Survey

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 Guide
- Aggregated wellbeing reporting & insights with The Hub
- Manager coaching & sensitisation
- Multilingual resources

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
- 1to1Gen Z
- 1to1Women
- Leaders Programme



25 Years of Expertise



1.3M+ Sessions Delivered



22K+ 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 Engineering Workforce.

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