

**Luemo is a world of practical mental health and wellbeing resources for every employee, every manager and every workplace.**



**At Luemo, our mission is to help every business take a positive step toward building a workplace that supports good mental health and wellbeing.**

Why? Because workplaces can and should be places where we feel welcome, make friends, grow our character and knowledge, expand our worlds, find purpose and sense of achievement. On average we spend over 13 years of our lives at work! Our workplaces are the perfect place for us to understand our wellbeing, find better ways to build resilience and support one another.

At Luemo we believe that an individual's proactive management of their own wellbeing is an important key to handling life's challenges and performing at their best. It's a fact that when the world presents challenges or crisis, people with good wellbeing handle things better and are more likely to bounce back after set backs. This is where Luemo comes in to help.

When your employer purchases a business subscription to Luemo you share in the full online portal of rich resources and receive monthly newsletters to keep you up to date. The portal has a load of information on how to build workplace wellbeing and individual resilience. Here are some key features of Luemo for you to explore:

- ➔ You can follow Luemo's Wellbeing Scorecard, which includes important elements to get your wellbeing in balance

- ➔ You can 'Check In' with Luemo online, answer a few simple questions and receive immediate confidential feedback about your wellbeing and suggestions about what you can do next.
- ➔ You will find helpful information to help you build resilience and understand mental health issues.
- ➔ You can listen to our meditation podcasts anytime - whether it be during your lunch break or to help wind down in the evening. They are great for beginners and experienced meditators alike.
- ➔ You will also find resources to help with tough issues such as addressing conflict, domestic violence and serious incidents that affect wellbeing.
- ➔ Teams will learn how to get involved in workplace wellbeing, support each other and extend a hand of support
- ➔ Managers can follow the 10-step guide on building a wellbeing culture and learn how to lead with optimism.
- ➔ Managers can read about important legal issues and use the tools to manage business risk in relation to mental health and wellbeing.
- ➔ And of course there is clear Information on how to reach out for professional help when you need it.

Every month subscribers will receive a Luemo Newsletter packed with interesting information, snapshot facts and great ideas to keep wellbeing going in your workplace.

If your employer has subscribed to Luemo you may have already received log in information. If you have not received your log in ask your manager. You can get started by visiting [www.luemo.com.au](http://www.luemo.com.au) and logging in with your email and password.