

The Pillars of Spotify's Heart & Soul Strategy

Raising awareness and building knowledge to bring a greater understanding of mental health

We started building our strategy in 2018 with a series of focus groups to ask what employees wanted and needed from Spotify.

We mobilized our Mental Health Ambassadors: 75 globally distributed employees trained as Mental Health First-Aiders who spend two hours per week spreading the Heart & Soul message, planning and driving initiatives, and ensuring that mental health is being approached in a locally relevant way.

Enabling self-care and professional support so that everyone can find their own way of taking care of themselves

We created a Global Domestic Abuse Support program during the COVID-19 pandemic to address the increase in physical, sexual, psychological, and economic abuse occurring as a "shadow pandemic."

We developed a program for Substance Awareness and support.

We situated our mental health work within our diversity, inclusion, and belonging (DIB) strategy to proactively address mental health access inequity and provide unique resources for marginalized groups.

Normalizing the conversation to reduce mental health stigma

We launched our employee-informed strategy in 2018 with support from Spotify's executive team members, who shared stories from their own personal mental health experiences.

We utilized our semi-annual Tune In survey to ask employees questions about a variety of topics across mental health, including their comfort in approaching their manager for mental health support, how we support mental health advocacy as an organization, and their sense of belonging at Spotify.

Mental Health Tips Spotify Latest

Raj Persaud



Mental Health Tips Spotify Latest:

Business & Society O.C. Ferrell,Debbie M. Thorne,Linda Ferrell,2024-06-04 Formerly published by Chicago Business Press now published by Sage Business Society integrates business and society into organizational strategies to showcase social responsibility as an actionable and practical field of interest grounded in sound theory In corporate America today social responsibility has been linked to financial performance and is a major consideration in strategic planning This innovative Eighth Edition ensures that business students understand and appreciate concerns about philanthropy employee well being corporate governance consumer protection social issues and sustainability helping to prepare them for the social responsibility challenges and opportunities they will face throughout their careers The author team provides the latest examples stimulating cases and unique learning tools that capture the reality and complexity of social responsibility Students and instructors prefer this book due to its wide range of featured examples tools and practices needed to develop and implement a socially responsible approach to business [The Mental Vaccine for Covid-19](#) Raj Persaud,2021-05-15 Everyone is tired of tears for tiers This is the first guide devoted to inoculating everyone emotionally from the microbe madness and lockdown lunacy [Sound Advice](#) Rhian Jones,Lucy Heyman,2024-11-14 Are you interested in learning how to cultivate sustainable success in the popular music industry whilst prioritising your health If so this book is for you

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behavior patterns Change your negative thinking patterns Understand grief and loss Improve your communication Understand and regulate your emotions Have healthier relationships with yourself and others Get in charge of your life Mental Health Tips is a fast paced book full of tools to improve your life The stories are personal stories from Kelly about overcoming her own battle after her son passed away from a fatal car accident as well as stories of other people that use these tips to overcome their struggles When your mental health improves your overall life will improve **Health Yeah**

Sharla King,2025-07-31 **Help Yourself To Positive Mental Health** Howard Rosenthal,Joseph W. Hollis,2013-08-21 This work reveals 50 simple ideas and concrete activities to improve anyone's mental well being Written in a conversational style this resource provides techniques and specific suggestions to combat depression fear loneliness anger a poor self image undesirable habits poor communication relationship difficulties and other problems Step by step the authors show the reader the way to positive mental health All 50 ideas are introduced in the same straightforward format a basic idea is presented on the right hand page and a concise one page explanation that defines the concept and how to implement it is shown on the left

10 TOP TIPS FOR GOOD MENTAL HEALTH IAN. CARTWRIGHT,2019 Mental Catherine Deveny,Steve Ellen,2021-07-20 **The Mental Health School - 100 Effective Tips** , The Mental Health School 100 Effective Tips

Health Yeah Sharla King,2022-02-24 Please enjoy and use this book to obtain and maintain your own healthy mental health And the book also might help you reach a healthier physical health or body as remember we cannot separate our physical and mental entities When one reaches a healthier mental and physical body and state of mind it is so much easier to find and enjoy your happy place Isn't that our ultimate goal in life to be happy And as we all know being responsible in finding our happy place is big We own that job We owe that to our family friends and all those we are around throughout our lives I believe you will find this book to be full of common sense tips As the title says it is a Common Sense Approach to Mental Health Let's all stop throwing out our common sense with the baby wash and go back to creating a healthier environment for ourselves Consequently we will be a healthier and happier people **Help Yourself Towards Mental**

Health Courtenay Young,2018-05-08 This book explores how an individual can help themselves resolve a wide variety of ordinary everyday life problems and improve their mental health It is designed as a self help aid for people with depression anxiety or with issues of low self esteem **Self-Help in Mental Health** T. Mark Harwood,Luciano L'Abate,2009-11-24 Self help is big business but alas not a scientific business The estimated 10 billion that's with a b spent each year on self help in the United States is rarely guided by research or monitored by mental health professionals Instead marketing and metaphysics triumph The more outrageous the miraculous cure and the revolutionary secret the better the sales Of the 3 000 plus self help books published each year only a dozen contain controlled research documenting their effectiveness as stand alone self help Of the 20 000 plus psychological and relationship web sites available on the Internet only a couple hundred meet professional standards for accuracy and balance Most in fact sell a commercial product Pity the layperson or for that

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