

Look after the people who look after others.

Understand staff pressures, check in proactively and connect your school community with professional support.



START HERE · NO COST

Free 2-week SMS check-in pilot

- + Up to 10 staff
- + AI-4U included
- + Short report at the end
- + You decide within 7 days

Good morning Maxine

A wellbeing check in on you to see if you are ok?

Reply 'Yes' if you're fine
Reply 'No' if you need support

No

It's a sign of strength to know you need support. Our confidential and professional support will contact you shortly. Always remember, you are never alone.

Illustrative message. Questions and replies are set by you. Every reply is acknowledged.

Pricing (excl GST)

01 UNDERSTAND · ON ITS OWN

Confidential Psychosocial Risk Assessment

\$2,995 excl GST

For teachers and support staff. Informed by ISO 45003 guidance.

- + Identify pressures: workload, role clarity, relationships and support
- + Use findings to prioritise practical improvements
- + Listen → prioritise → act → review

ALL-IN SCHOOLS BUNDLE · PER SCHOOL

\$3,995 excl GST a year

on a 3-year agreement, plus annual CPI · or **\$4,495 excl GST a year** on a 1-year option

- + Confidential psychosocial risk assessment
- + Personalised SMS check-ins with fully customisable questions and triage. No app download or SMS cost to recipients.
- + AI-4U web chat guides staff 24/7 to their professional support provider, plus a no-reply reminder text with the link wellbeingsolutions.co/ai-chat
- + CRM

Setup \$995 excl GST, including integration with your school's communication provider.

Reduced to **\$495 excl GST** if you sign within 7 days of your pilot report.

Good to know

Check-ins that follow through

Replies are triaged through agreed escalation pathways, and support actions are recorded.

AI-4U support navigation

24/7 confidential navigation to recognised professional support.
AI-4U navigates only. It never diagnoses or provides clinical treatment.

Optional extras, on request

Anonymous reporting and Power BI reporting for leaders and the board are not included in the bundle price.

Your duty under HSWA 2015. WellbeingSolutions can support you to identify and manage psychosocial risks, part of your duty under the Health and Safety at Work Act 2015. Our services support consultation, risk identification, reporting and follow-up. ISO 45003 is guidance, not legislation.

Book your free pilot or a school demonstration

Kevin McAfee · Founder & Managing Director, WellbeingSolutions

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wellbeingsolutions.co

Not an emergency service. All prices in NZD, excluding GST. The assessment is a paid service; the free pilot covers SMS check-ins and AI-4U only. CPI applies annually to the 3-year agreement. Read with the WISMS | WellbeingSolutions Education brochure.

Supporting your people through emergencies and disruption.

When a lockdown ends, the alarm stops, but your staff's day doesn't. Custom SMS check-ins support the people side of your school's emergency and business continuity plans, helping you follow up with teachers and support staff once the immediate response is under way.



Hi Anna

We are aware of a serious event outside the school. Just letting you know the School is now in full lockdown. Please follow our lockdown process.

Police are notified and on their way.

If you or the students need anything, reply here. You and the students' safety is our no.1 priority.

We will share more updates shortly and keep you up to date.

Principal

We are safe and following the lockdown process. Please keep me updated on developments, thank you.

Illustrative message. Your school writes its own messages and replies.

How check-ins help

Reach your people fast

Your own customisable questions can reach all your staff with a registered mobile number within minutes.

Every reply is acknowledged

Personalised check-ins with your own customisable questions, helping you make sure no one is overlooked.

Support when it's asked for

Anyone who asks for support is connected with your approved support.

When it helps

After a lockdown

Check in with teachers and support staff once the lockdown is lifted, so leaders can focus support where it's asked for.

Natural events and disruption

After a flood, storm, earthquake or outage (when mobile networks are available), follow up with staff across your school.

In the days that follow

People can feel the effects for days or weeks. Follow-up check-ins help you keep support going.

Part of your plan, not your alarm. Custom SMS check-ins support staff wellbeing and follow-up. They don't replace emergency services, lockdown alarms or emergency alerts. It is not an emergency service.

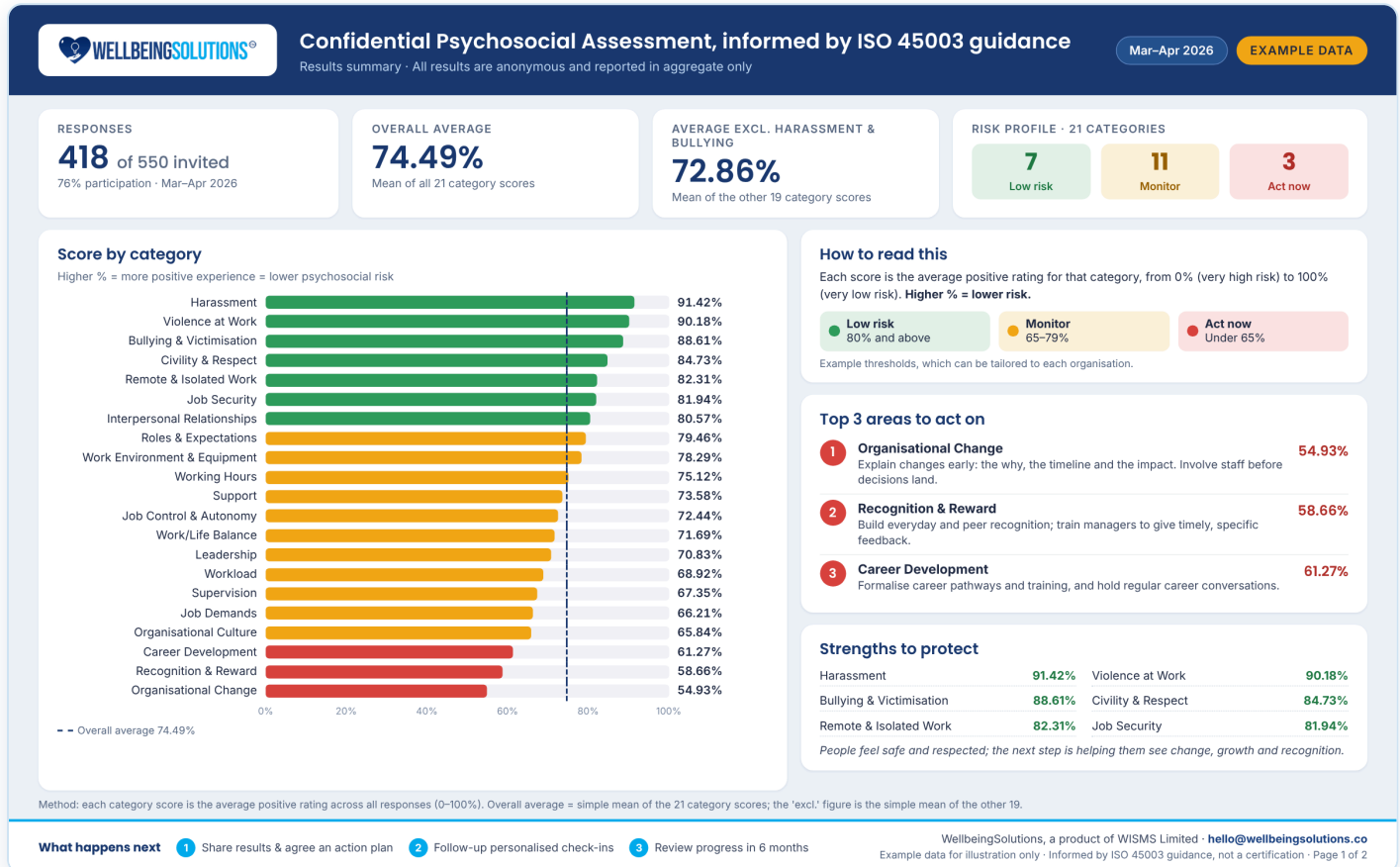
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Clear results. The top areas to act on.

Our confidential psychosocial risk assessment, informed by ISO 45003 guidance, turns teacher and support staff responses into one simple dashboard for leaders.



Confidential Psychosocial Assessment: clear results and the top areas to act on (example data)

Fictional organisation and figures, for illustration only.

What the dashboard shows

Easy to read

Every category scored from 0 to 100%. Higher % means lower risk, with a simple green, amber and red rating.

Top 3 areas to act on

The lowest-scoring areas, with practical suggested actions, plus the strengths worth protecting.

Privacy first

Results are anonymous and reported in aggregate. Groups under 5 responses are hidden to protect confidentiality.

Then: listen → prioritise → act → review. Agree an action plan, follow up with personalised check-ins and review progress in 6 months.

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WHAT HAPPENS AFTER SOMEONE REPLIES "NO"

Every reply is triaged. Here is what happens next, step by step.

- 1 Check-in sent**
The business writes its own check-in text and sends it to staff.
- 2 Instant reply and triage**
When someone replies 'No', the system sends a warm reply straight away and flags them for support.
- 3 Professional support notified**
The business's professional support or EAP gets an email with the person's name, mobile number, the question asked and their answer.
- 4 The full story, in confidence**
Support signs in and opens the person's profile to see their history.
- 5 A conversation that captures what matters**
Support records the call in the contact section, with the person's name if they agree or anonymously if not.
- 6 A clear plan**
Support creates a support action with guidance for the person and books a follow-up call.
- 7 No one falls through the cracks**
If a follow-up isn't updated in time, the system escalates and alerts the business admin to assign someone else. The admin is only told the callback is overdue, never the person's details.

50% off year 1 on the 3-year agreement. Offer ends 11:59pm NZDT, Tuesday 15 December 2026.

Start with a free 2-week pilot: wellbeingsolutions.co/pilot
hello@wellbeingsolutions.co · www.wellbeingsolutions.co

WellbeingSolutions can support you to identify and manage psychosocial risks, part of your duty under the Health and Safety at Work Act 2015. Not an emergency service. Photos are illustrative.