

EVERY REPLY IS ACKNOWLEDGED.

Personalised text check-ins for your staff, and for students where your school chooses, with real follow-through when someone needs support. **No app. No login.**
Every generation understands a text.



01 REACH OUT

Personalised SMS check-ins

By name, to the whole school, all staff, one team or a year level. Send now or schedule.

02 FOLLOW THROUGH

Help that doesn't slip

Say you need support, and your approved professional support will be in touch. Missed follow-ups are escalated.

03 HEAR CONCERNS

Anonymous Notification

A separate form for raising a concern about yourself or someone else, without giving your name.

04 FIND SUPPORT

AI-4U included

24/7 web chat that guides people to recognised NZ helplines and your school's chosen support.

NZ-BASED

WellbeingSolutions is a product of WISMS Limited, a New Zealand company.

CAN BE LIVE WITHIN 24 HOURS

once setup details are confirmed.

TRY IT FIRST

Free 2-week pilot for up to 10 staff, with a report.

A PERSONAL CHECK-IN. A REAL RESPONSE.

- 1 You choose who and when**
Pre-written check-ins are ready to go. Pick everyone, one site, one team or one group, then send now or schedule it. Anyone without a mobile number is flagged before you send.
- 2 They reply in a few taps**
A short text, personalised by name. Your school sets the questions and reply options.
- 3 Every reply is acknowledged**
Every reply gets a response, so nobody is left wondering if anyone read it.
- 4 Need support? Help will be in touch**
Your school's approved professional support is alerted and will be in touch: your counsellors during their hours, and approved services after hours, through pathways you agree.
- 5 Follow-ups don't slip**
Next steps are recorded with reminders. If a critical follow-up is missed, it's escalated.

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.



- + **Support that remembers.** When a person gives their name, confidential notes are kept against their record, so support sees the history, not just today's conversation.
- + **Leaders see trends, not names.** Leadership reporting shows anonymised trends, updated daily, to guide support and professional development.
- + **Everyone included.** Teachers, relievers, support staff and casual staff. Only a mobile number is needed, and staff pay nothing for the texts.
- + **Privacy by role.** Only approved professional support sees personal case details, and every action is audit-logged.

IS EVERYONE SAFE?

Send a pre-written check-in that can reach your staff within minutes (when mobile networks are available). Every reply is acknowledged, and anyone who asks for support is connected with your school's approved support. Not an alarm or emergency service.

Replies are confidential, not anonymous. An SMS check-in reply is linked to the phone number it came from. For anonymous concerns, use the separate Anonymous Notification form.

Student check-ins: consent and safeguarding. Student SMS check-ins run only with the consent arrangements your school agrees (including parent or caregiver consent where appropriate) and within your school's safeguarding and child-protection procedures. Your school decides the wording, who responds to student replies and in which hours. Student replies aren't monitored around the clock. It is not an emergency service.

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.

01

Reach your people fast

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

02

Every reply is acknowledged

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

03

Support when it's asked for

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

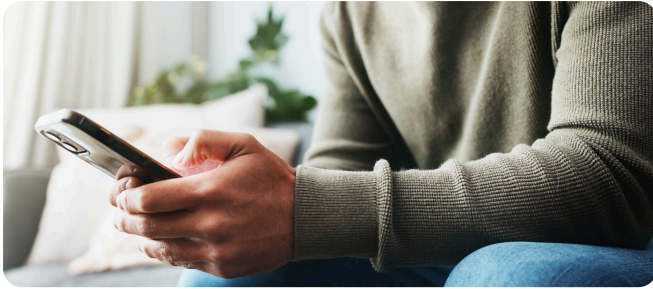
04

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. 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. The free 2-week pilot covers Custom SMS check-ins and AI-4U only.



AI-4U, included: talk, type, find a way forward

Confidential web chat, available 24/7. Type, or listen to replies read aloud. AI-4U guides people to recognised NZ support such as Lifeline and Healthline, and to your school's chosen professional support. No app needed.

AI-4U guides people to professional support. It does not diagnose and is not an emergency service.

Anonymous Notification

Staff and students can raise a concern about bullying, racism, harassment or safety, about themselves or someone else. Designated staff review reports through agreed pathways during agreed monitoring hours. Details in a report may still identify people.

Confidential psychosocial risk assessment (optional)

For teachers and support staff, informed by ISO 45003 guidance. Find out what's driving pressure (workload, role clarity, relationships, support), then prioritise practical improvements: listen, prioritise, act, review. A fixed price, available on request.

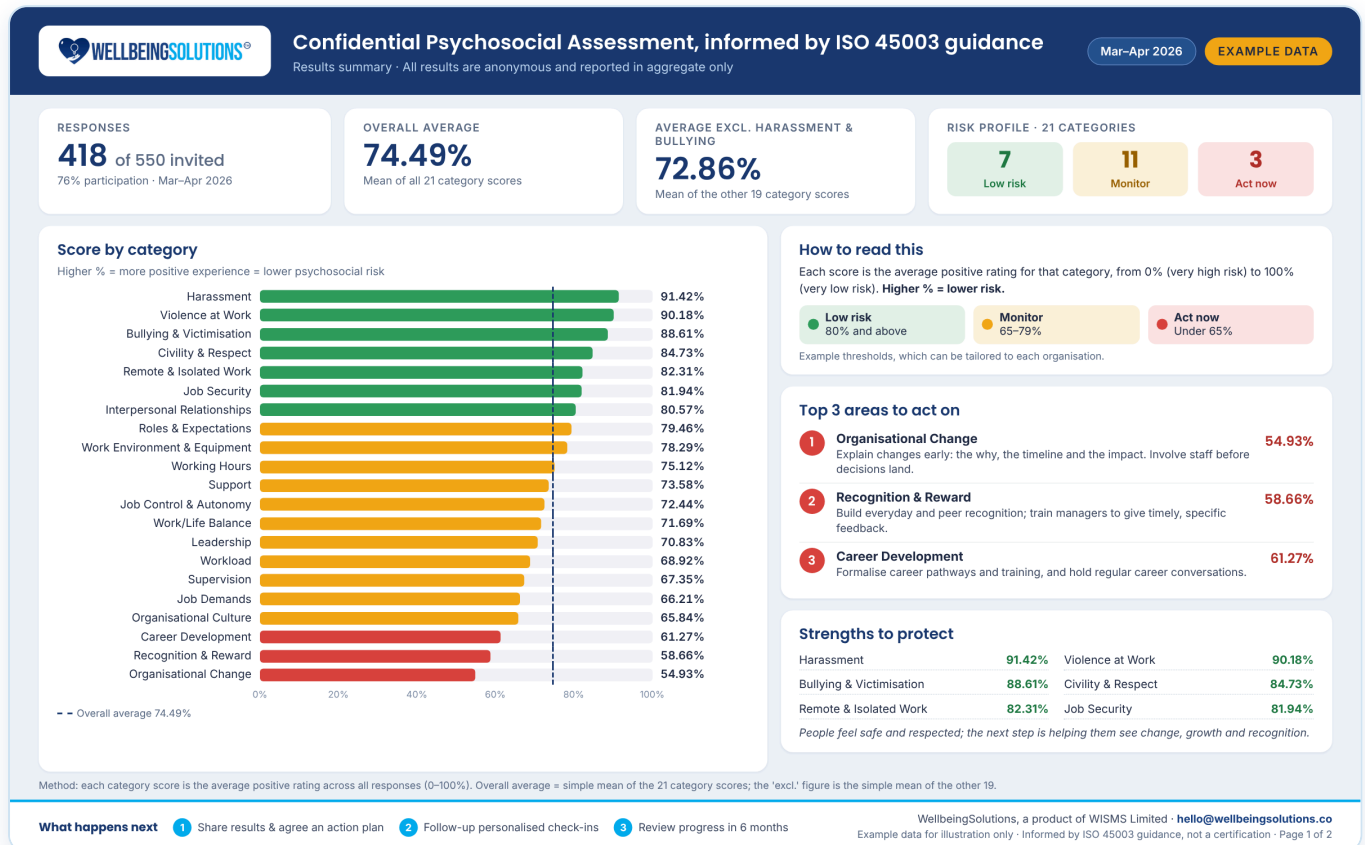
WHAT TO LOOK FOR IN A CHECK-IN TOOL

Questions worth asking any provider, and how we answer them.

Ask	WellbeingSolutions
Can people reply without an app, a login or a school device?	✓ Yes. It's a text to any mobile phone.
Is every reply acknowledged?	✓ Yes. Every reply is acknowledged.
What happens when someone says they need support?	✓ Your approved professional support is alerted and will be in touch.
Are follow-ups tracked, and escalated if they're missed?	✓ Yes. Missed critical follow-ups are escalated.
Does support see the person's history?	✓ Yes, confidentially, so urgency is judged on the full picture.
Can you check everyone is safe after an incident?	✓ Yes. Pre-written check-ins reach chosen groups in minutes.
Are relievers, support and casual staff included?	✓ Yes. Only a mobile number is needed, and staff pay nothing for texts.
Is there support navigation outside school hours?	✓ Yes. AI-4U is included and available 24/7.
Can concerns be raised anonymously?	✓ Yes, through the separate Anonymous Notification form.
Can leaders see trends without seeing names?	✓ Yes. Anonymised leadership reporting, updated daily.
How quickly can you start?	✓ Can be live within 24 hours once setup details are confirmed.
Is the pricing published?	✓ Yes. See the back page.
Where is the provider based?	✓ New Zealand. A product of WISMS Limited.

CLEAR RESULTS. CLEAR NEXT STEPS.

The optional psychosocial risk assessment turns your teachers' and support staff's responses into one simple dashboard for leaders and the board.



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

Fictional organisation and figures, for illustration only.

01 EASY TO READ

Higher % = lower risk

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

02 KNOW WHERE TO START

Top 3 areas to act on

The lowest-scoring areas, each with practical suggested actions.

03 PROTECT WHAT WORKS

Strengths, too

See what staff rate highly, so you can keep it that way.

04 PRIVACY FIRST

No small groups shown

Results are anonymous and in aggregate. Groups under 5 responses are hidden.

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

SIMPLE, PUBLISHED PRICING.

START HERE

Free 2-week pilot

- Up to 10 staff
- SMS check-ins, with AI-4U included
- A short report at the end
- You decide within 7 days

3-YEAR AGREEMENT · SMS & TRIAGE

\$3,995

 a year + CPI

50% off year 1 on a 3-year agreement

SMS & Triage subscription; offer ends 11:59pm NZDT, Tuesday 15 December 2026

- 1-year option: \$4,495 a year
- AI-4U included

Setup: \$995, including connecting your school's communication provider.

Reduced to \$495 on 3-year agreements signed within 7 days of your pilot report.

Prices exclude GST. Ask us about Anonymous Notification, leadership reporting and the psychosocial risk assessment for your school.

Getting started

- + **1. Pilot.** Choose up to 10 staff and agree the wording.
- + **2. Agree how it runs.** Consent, safeguarding, response owners and hours.
- + **3. Go live.** Can be live within 24 hours once setup details are confirmed.
- + **4. Review.** Get your report and decide within 7 days.

Supporting your responsibilities

Helps you meet your duty. Our services help you meet your duty under the Health and Safety at Work Act 2015, supporting consultation, risk identification, reporting and follow-up. ISO 45003 is guidance, not legislation.

BOOK YOUR FREE PILOT OR A SCHOOL DEMONSTRATION

hello@wellbeingsolutions.co
wellbeingsolutions.co

Not an emergency service. Anonymous reports are reviewed during agreed monitoring hours only. SMS messages are illustrative. Photos are illustrative. Sources: WorkSafe NZ, Managing psychosocial risks at work; Ministry of Education, Health and safety responsibilities for schools.

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