

# 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.

# Spotify Mental Health Tips Ideas

**SB Merriam**



## **Spotify Mental Health Tips Ideas:**

## Unveiling the Power of Verbal Art: An Mental Sojourn through **Spotify Mental Health Tips Ideas**

In a world inundated with screens and the cacophony of immediate connection, the profound power and mental resonance of verbal art usually fade into obscurity, eclipsed by the constant onslaught of sound and distractions. Yet, nestled within the musical pages of **Spotify Mental Health Tips Ideas**, a interesting perform of literary elegance that impulses with natural feelings, lies an wonderful journey waiting to be embarked upon. Written with a virtuoso wordsmith, that mesmerizing opus guides visitors on a psychological odyssey, delicately revealing the latent potential and profound impact stuck within the elaborate web of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is central subjects, dissect its fascinating publishing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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