

Employee Support for Mental Health

In 2025 Savills continued to focus on initiatives which raise awareness around mental health and wellbeing.

We make available to all our people wellbeing initiatives and benefits to highlight health and lifestyle issues affecting mental health and wellbeing. Each of our Principal Businesses has a mental health support network available for employees, this may be internal via a mental health champions network or supported via an external provider. For example:

Asia Pacific

A mental health provision is arranged in the form of an Employee Assistance Programme (EAP) or by partnering with external service providers which offer helpline or counselling services. In Australia and New Zealand, there are also 19 trained mental health first aiders who are ready to support their colleagues.

North America

UNUM Hub is the mental health partner, who offer services to employees focused on mental health support, caregiving, maternal support, lactation support, digestive health, chronic pain management, and neurodivergent support.

Savills UK

An EAP is accessible from the first day of employment and has been rated "Excellent" by employees. The UK also have a wellbeing hub which provides access to links to nutrition, fitness and health consultants, a mental health app, and a health and wellbeing webinar series administered by a third party. Savills UK also have 351 trained mental health champions.

→ READ MORE HERE: [HTTPS://WWW.SAVILLS.CO.UK/CONTACT-US/CAREERS/WHY-JOIN-US/WELLBEING-AT-WORK.ASPX](https://www.savills.co.uk/contact-us/careers/why-join-us/wellbeing-at-work.aspx)

Savills IM

An EAP in place which is available to all UK employees with a focus on wellbeing. All employees globally are also entitled to use regular virtual Mental Health and Wellbeing sessions via a third-party provider MyndUp. This platform offers free confidential live 1-1 video sessions across the entire mental health spectrum, including therapy, counselling, life coaching, career coaching, mindfulness and meditation.

CEME

Mental health support has been implemented for employees such as EAP's, access to psychological services through health insurance and wellness initiatives like workshops and training.



Mental Health Events

Over 2025 Savills hosted 137 mental health events, an increase from 86 in previous year.

Savills Hong Kong charity basketball tournament

Free
exercise classes
every week held
in the Stockholm
office

3rd
Annual June Step
Challenge held in
North America



Savills UK
volunteering
as part of
partnership
with The
Tree Council

8,768
miles walked by
105 colleagues
for the Savills IM
“MarchOn” event

Asia Pacific

Countries have organised a wide range of mental health events during 2025. Mental health talks were held with topics including: stress management, resilience, positive thinking, personal and professional boundary setting and handling criticism. These talks have equipped colleagues with better coping skills which would benefit their long term wellbeing. In addition, activities organised included: sports events, yoga classes, relaxation activities, team outings and office blessing ceremonies. These activities help to boost the physical and mental wellbeing and provides team building opportunities.

CEME

During 2025, 77 mental health and wellness events were held across the region. There were a wide range of initiatives including: wellness retreats, mindfulness workshops, resilience training, and awareness campaigns. France and Portugal held a number of events focused on living a healthy life in the office and avoiding burnout, while Sweden hosted free exercise classes every week for all employees in the Stockholm office.

North America

A webinar was held focused on building and strengthening personal relationships. It offered strategies to improve communication, navigate conflicts, and foster deeper connections across family and social relationships. Unum Care Hub + provided an information session on Pumpspotting, a support app for nursing and pumping parents and the FIG app, designed to help users manage complex dietary needs. North America also ran their third Annual June Step Challenge, with the Charlotte and Raleigh offices winning for the second year in a row, averaging an impressive 464,273 steps per person.

Savills UK

Held “EnAble Network May Motion Challenge” which involved 165 people in the business taking part to log the most active miles. A Mental Health Awareness Week also ran with a 24 hour relay campaign. Mental Health Awareness Week (MHAW) was also marked by launch of wellbeing strategy and MYNDUP ran a roadshow across different offices.

Savills IM

Once again held their “MarchOn” event which encourages all colleagues to walk 100 miles during the month of March. Over 8,768 miles were walked by 105 colleagues, with over £8,760 raised for charity. A Meditation Program was also offered to employees, the programme offered monthly in person sessions with a short online meditation sessions in between.