

# Jacobs Launches 'One Million Lives' Free Mental Health Check-In Tool

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Creating a new movement to track and change our mental health and wellbeing

Check-ins via tool surpass 3,000 since launch

Resource-rich website provides mental health support and campaign resources

DALLAS, Dec. 2, 2020 /PRNewswire/ -- **Jacobs** (NYSE:J), in collaboration with global mental health professionals, has developed **One Million Lives** – a free mental health check-in tool to enhance users' understanding of their current state of mind and provide proactive strategies for personal mental health development. Since launching, the new tool has already been accessed by users to make more than 3,000 check-ins. By regularly completing a check-in, via the web-based app, users will ideally be better equipped to understand how they are currently coping, assess the early indicators of associated mental health challenges, start positive and active conversations and get support much earlier.

One Million Lives was developed by Jacobs and clinically endorsed by mental health professionals, including organizational psychologist, Peta Slocombe. The check-in tool incorporates the Kessler Psychological Distress Scale (K10), a globally recognized psychological screening tool. For those who might be feeling well, the tool also assesses early signs and proactive strategies, such as sleep, exercise and/or social media behaviors. The associated **mental health resources** provided by **HelpGuide**, an independent, non-profit organization, offer empowering, evidence-based information that can be used to improve mental health and make healthy changes.

Initially launched with Jacobs' employees and their families, the goal is to now share the check-in tool and resources as widely as possible – extending to clients, partners, supply chain and communities to help them come together to tackle mental health on a global scale.

"Positive mental health is a crucial part of our Culture of Caring at Jacobs. As our focus on positive mental health continues to grow, we introduced the One Million Lives tool to track and change our mental health – by starting conversations and reducing the stigma," said Jacobs Chair and CEO Steve Demetriou. "By sharing the tool and resources as widely as possible, creating a ripple effect across the globe, we want to break down the barriers that hinder honest conversations about mental health and encourage an open culture of support. Together, we strive to touch One Million Lives."

The free mental health check-in tool is available for download at: [app.oml.world](https://app.oml.world) (best used with Chrome) and is supported by [www.oml.world](https://www.oml.world), which provides mental health and campaign resources including the **One Million Lives video**, conversation starters and useful resources for more information.

One Million Lives is not intended to diagnose, treat, cure or prevent any mental health disease or condition. Please seek immediate help from trained medical physicians if you suspect you are suffering from any mental health or other medical condition.

At Jacobs, we're challenging today to reinvent tomorrow by solving the world's most critical problems for thriving cities, resilient environments, mission-critical outcomes, operational advancement, scientific discovery and cutting-edge manufacturing, turning abstract ideas into realities that transform the world for good. With approximately \$14 billion in revenue and a talent force of more than 55,000, Jacobs provides a full spectrum of professional services including consulting, technical, scientific and project delivery for the government and private sector.

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Certain statements contained in this press release constitute forward-looking statements as such term is defined in Section 27A of the Securities Act of 1933, as amended, and Section 21E of the Securities Exchange Act of 1934, as amended, and such statements are intended to be covered by the safe harbor provided by the same. Statements made in this release that are not based on historical fact are forward-looking statements. We base these forward-looking statements on management's current estimates and expectations as well as currently available competitive, financial and economic data. Forward-looking statements, however, are inherently uncertain. There are a variety of factors that could cause business results to differ materially from our forward-looking statements, including, but not limited to, the impact of the COVID-19 pandemic and the related reaction of governments on global and regional market conditions and the company's business. For a description of some additional factors that may occur that could cause actual results to differ from our forward-looking statements, see our Annual Report on Form 10-K for the year ended October 2, 2020, and in particular the discussions contained under Item 1 - Business; Item 1A - Risk Factors; Item 3 - Legal Proceedings; and Item 7 - Management's Discussion and Analysis of Financial Condition and Results of Operations, as well as the company's other filings with the Securities and Exchange Commission. The company is not under any duty to update any of the forward-looking statements after the date of

this press release to conform to actual results, except as required by applicable law.

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