

HOW CAN YOU GET INVOLVED?

HBF has been working with members and charitable organisations to create opportunities for organisations to instigate change within their own workplace and promote positive mental health and wellbeing for employees. Get involved now and be part of the solution.

Managing mental health webinars
HBF and its members have hosted two free webinars to help small businesses and those working within the supply chain to understand mental health conditions and provide the tools needed to create their own mental health strategies. The webinars provide guidance on how businesses can start to make a difference and how to communicate and support employees who may be struggling. To find out more and to watch visit www.hbf.co.uk/mentalhealthawareness

Free mental health awareness training
HBF has partnered with the Lighthouse Club Construction Industry Charity to offer free mental health awareness training for those working in SMEs and the supply chain, an area where many do not have access to employee assistance programmes. The courses are held throughout the year and provide advice and guidance on how to look after your own mental health and signposts to confidential support available. To take advantage of this training visit lighthousetraining.corsizio.com

Signposting to mental health support
There is a lot of information on mental health, and it can be overwhelming. HBF has created a mental health resources page that provides free information and confidential support to help businesses and employees and their families. From mental health apps to action plans for employers there is a range of support available, visit www.hbf.co.uk/mentalhealthawareness

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 @HomeBuildersFed
 Home Builders Federation



**Construction
Industry Helpline**
0345 605 1956



LET'S DRAW THE LINE ON MENTAL HEALTH IN THE HOME BUILDING INDUSTRY

Improving mental health and wellbeing has grown in importance in recent years following the covid-19 pandemic. The impact of mental ill-health on individuals and communities is substantial and is costing UK workplaces between £24-27 billion a year. That is an overall loss to the economy of between £70-100 billion.

Construction remains one of the industries most affected by poor mental health and for those working in SMEs and sole traders, access to mental health support is limited. The Home Builders Federation is committed to working with its members to help employers understand mental health issues and create the support employees need.



Men account for
Over 80%
of suicides in
the UK

Every year over
700
construction workers
take their own lives.

X3

Men working in
construction are three
times more likely to die
by suicide than the
national average for men

40%
would 'not dare'
to talk to a
colleague about
mental health

32%

of construction
workers say their
mental health has
deteriorated due to
the pandemic

Most calls to the helpline
were from those in
labourer roles/
groundworkers (32%)
and between the ages
of 30-39 (28%)

27%

of work-related ill health
reported in construction
is due to stress, depression
and anxiety

44%

of workers
worry their
workload is
too high

13%

of construction
workers have
considered
self-harm

More than
1 in 3

construction workers now
consume more alcohol

91%

have felt overwhelmed
and 26% of workers
have experienced
suicidal thoughts

48%

of workers have taken
time off work owing to
unmanageable stress

Over two thirds of
workers believe there
is a stigma surrounding
mental health

The number of calls to the
Construction Industry 24/7
helpline increased by 70%
over the last year

**Construction
Industry Helpline**
0345 605 1956

Time to
CHANGE
Time to
TALK