Every year there are on average 38 fatalities on our building sites

Every year there are over 2,000 major accidents that incapacitate the worker in such a way they cannot return to work

Every year there are over 82,000 new or long-standing cases of work-related illness reported that can be directly attributed to working within construction

Over 46% of all occupational cancer cases in the UK are directly attributed to working in construction

Every year over 2.4 million man-days are lost through injury or illness in our industry

Stress, depression or anxiety accounts for a fifth of all work-related illness

Every single working day in the UK two construction workers take their own life
EVERY SINGLE WORKING DAY IN THE UK TWO CONSTRUCTION WORKERS TAKE THEIR OWN LIFE

www.constructionindustryhelpline.com
CONVERSATION

What things can cause stress and pressure?

• At work
• Outside work
• How does it make you feel?
WE ALL HAVE MENTAL HEALTH

It’s the way we think

The way we feel

Our overall wellbeing
WHY DON’T WE TALK ABOUT IT?

Stigma!
In our culture we believe that …….

People with mental health problems are violent
People with mental health problems are weak
People with mental health problems cannot work
People with mental health problems do not recover
Mental health problems are self inflicted
HOW DO YOU FEEL ABOUT MENTAL ILLNESS?

Raise your hand if:

- You went to a dentist appointment in the last year
- You went to a doctor’s appointment in the past year
- You took any medication over the past year
- You had an absence from work due to physical ill health

Do you think it would be just as easy to raise your hand if:

- You saw a mental health professional over the past year
- You took any psychiatric medications over the past year
- You were absent from work due to mental ill-health
GET TO KNOW THE SIGNS OF DISTRESS

- Timekeeping
- Safety & risk taking
- Alcohol and/or drug misuse
- Lack of cooperation
- Being tired all the time
- Unexplained aches and pains
- Quiet and withdrawn
- Extremes of emotion
CONVERSATION

• What do you do if you are suffering with your mental health?

• What do you do if you think a workmate is suffering with their mental health?
STARTING A CONVERSATION
HOW CAN I HELP?

• Find a good place to talk
• Listen……..
• Reassure them
• Just be there …..
• Signpost them to help
• Encourage them to seek support
MENTAL HEALTH RESOURCES AVAILABLE

Time to CHANGE
Time to TALK

CONSTRUCTION INDUSTRY HELPLINE
0345 605 1956
CONFIDENTIAL 24/7 SUPPORT

EXPERT ADVICE AND SUPPORT IS JUST A PHONE CALL AWAY

Call 111 for emergency medical concerns

Financial support
0808 802 2000

Legal support
0800 074 8363

Mental health support
0300 123 3393

Cancer support
0808 808 0000

Mental health support
0808 808 1677

We are Macmillan cancer support

Cancer advice & support
0808 808 0000

Prostate cancer support
0808 808 0000

Construction Industry Helpline
0345 605 1956

www.constructionindustryhelpline.com

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0808 808 0000

Construction Industry Helpline
0345 605 1956

Confidential 24/7 helpline available to the industry’s workforce and their families

www.constructionindustryhelpline.com
We recognise that not everyone feels comfortable talking about their feelings or personal situation, so the app is aimed at construction workers who would like to find out more information about how they can perhaps help themselves or if necessary, take the next step in seeking professional help. This free app will give information, advice and guidance on many wellbeing topics including:

- Stress
- Anxiety
- Depression
- Anger
- Suicidal thoughts

Download on the App Store  
GET IT ON Google Play
LOOKING AFTER YOU

10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH

- Talk about your feelings
- Keep active
- Eat well
- Take a break
- Drink sensibly
- Keep in touch
- Do something you’re good at
- Accept who you are
- Ask for help
- Care for others

Mental Health Foundation
mentalhealth.org.uk
SUMMARY

• We all have mental health
• Mental health problems are common, even more in construction, and can affect anyone, any time
• Stigma stops us talking so let’s get the conversation going
• It takes courage to talk about how you really feel
• Look after your own mental health and look out for others

Together, we can make a huge difference
BUILDING A SUCCESSFUL MENTAL HEALTH CULTURE IN YOUR ORGANISATION

1. Committ to making a difference
   Change in the workplace starts with your management. Sign our Building Mental Health charter and make a commitment to join us in improving mental health in our industry.
   
   Sign the charter: buildingmentalhealth.net

2. Introduce a helpline
   If you haven’t already got an Employee Assistance Programme, use the charity EAP and order your Construction Industry Helpline Pack, which lets you know where they can turn to with promotional posters and wallet-sized cards.
   
   Order a helpline pack: constructionindustryhelpline.com
   
   Encourage staff to download the new Construction Industry Helpline App.

3. Deliver a Mental Health Tool Box Talk
   The talk should last about 1 hour and should be presented to all employees to raise understanding of the issues surrounding mental health and the importance of starting a conversation and talking. Try to make it interactive.
   
   Download and adapt our free Tool Box Talk: buildingmentalhealth.net

4. Deliver a Mental Health half or one day awareness training
   This opportunity should be made available to anyone who might need more information on mental wellbeing, for example managers, foreman or supervisors. This gives a more in depth understanding of mental health and will provide some tools for colleagues to help signpost individuals who are struggling to get the appropriate support.
   
   For a list of construction aligned mental health awareness training visit: buildingmentalhealth.net

5. Ensure you have enough Mental Health First Aiders for your place of work
   Set a policy within your company to have a healthy ratio of certified Mental Health First Aiders for every worker or contractor on site. Staff can be trained and certified through a nationally recognised course which usually lasts 2 days.

Further advice and information: buildingmentalhealth.net
BUILDING MENTAL HEALTH STICKERS

Bronze
Completed this “Tool Box” talk

Silver
A BMH Supporter
Someone you can talk to, who can keep you safe

Gold
A Mental Health First Aider
THANK YOU