



Building Mental Health



Construction
Industry Helpline
0345 605 1956

www.constructionindustryhelpline.com



BuildingMentalHeath.net
Time to CHANGE... Time to TALK.





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



Construction
Industry Helpline
0345 605 1956



www.constructionindustryhelpline.com



CONVERSATION

What things can cause stress and pressure?

- At work
- Outside work
- How does it make you feel?





WHY DON'T WE TALK ABOUT IT?

Stigma!

In our culture we believe that

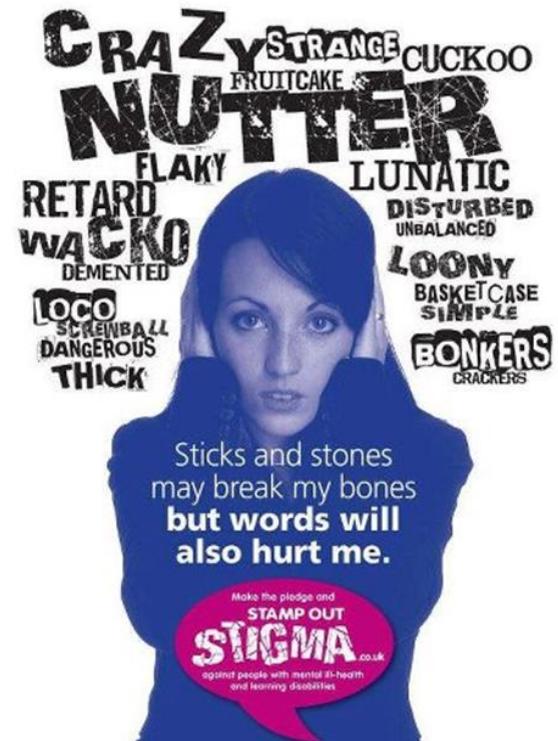
People with mental health problems are violent

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?

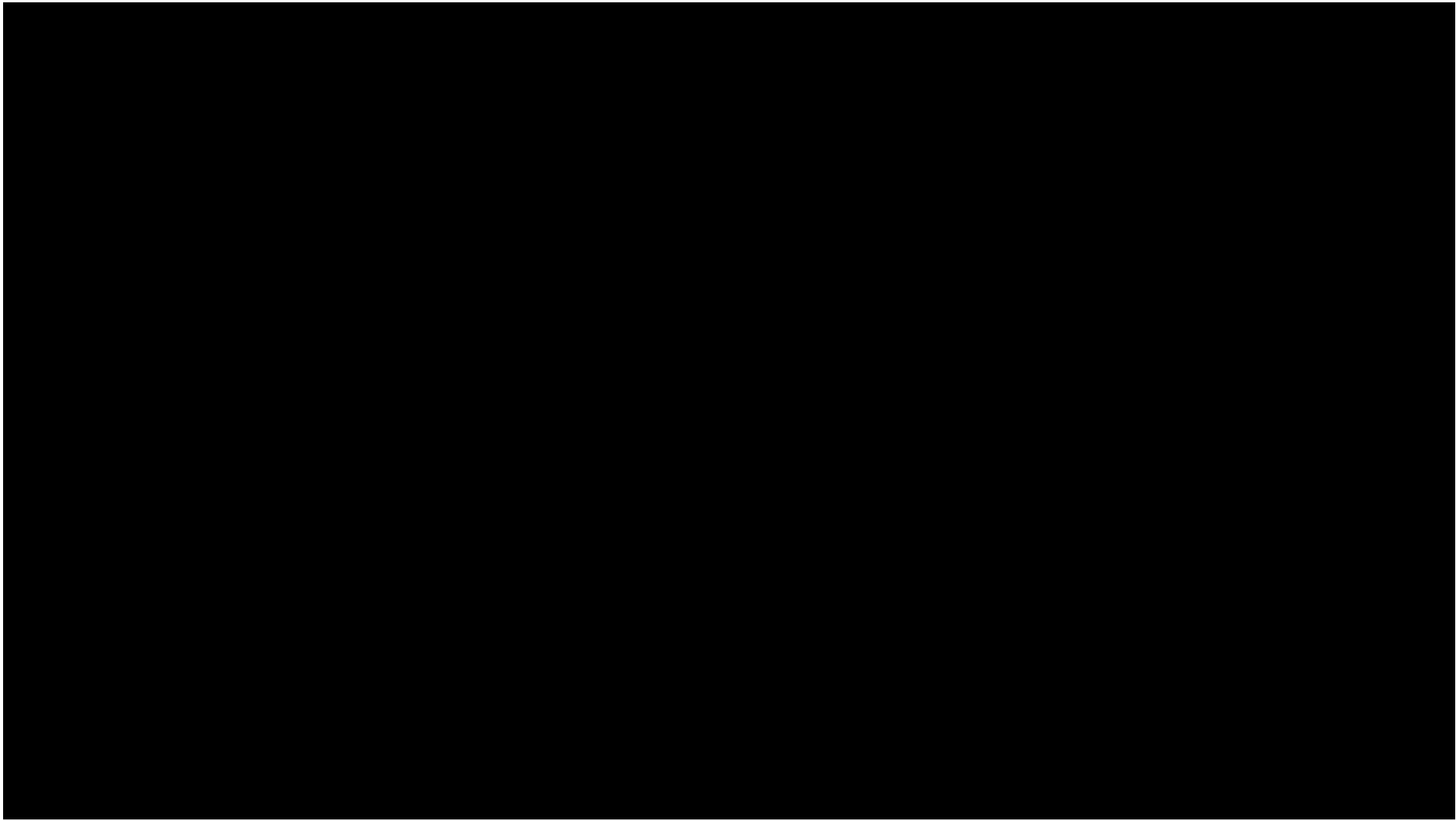
Raise your hand if:

- 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





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**

The Construction Industry Helpline provides a 24/7 safety net for all construction workers and their families

- Advice on welfare and mental wellbeing
- Emergency financial aid
- Support on legal, tax and debt management matters

CONSTRUCTION INDUSTRY HELPLINE
0345 605 1956
CONFIDENTIAL 24/7 SUPPORT

Construction Industry Helpline

Time to CHANGE Time to TALK

Confidential 24/7 helpline available to the industry's workforce and their families
0345 605 1956



EXPERT ADVICE AND SUPPORT IS JUST A PHONE CALL AWAY

NHS 111 for urgent medical concerns	Emotional support 24/7	Cancer advice & support	Prostate cancer support
 111	 116 123	 0808 808 0000	 0800 074 8383
Financial support	Relationship support	Bereavement support	Mental health support
 0808 802 2000	 0300 100 1234	 0808 808 1677	 0300 123 3393



Construction Industry Helpline
0345 605 1956
www.constructionindustryhelpline.com



Lighthouse Club
The Construction Industry Charity

Lighthouse Construction Industry Charity, National Office, 3rd Floor 11 Hertfordgate Street, Ipswich, IP1 3BX
 Charity Registration Number: 1049488 (England and Wales) Company Registration Number: 02244718



Construction Industry Helpline

Time to CHANGE Time to TALK

Construction Industry Helpline

Construction Industry Helpline

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

0345 605 1956

CONSIDERATE CONSTRUCTORS | **Construction Industry Helpline** | **Lighthouse Club**
 0345 605 1956 | www.constructionindustryhelpline.com



CONSTRUCTION INDUSTRY HELPLINE APP

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



**USING TECHNOLOGY
TO SAVE LIVES
IN CONSTRUCTION**



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 lets get the conversation going
- It takes courage to talk about how you really feel
- Look after you own mental health and look out for others

Together, we can make a huge difference



BUILDING A SUCCESSFUL MENTAL HEALTH CULTURE IN YOUR ORGANISATION

Don't forget to keep reviewing and monitoring wellbeing and introducing best practice from other companies.

1 Commit 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.

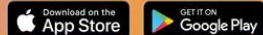
Sign the charter:
buildingmentalhealth.net

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 your staff 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 well-being, 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.

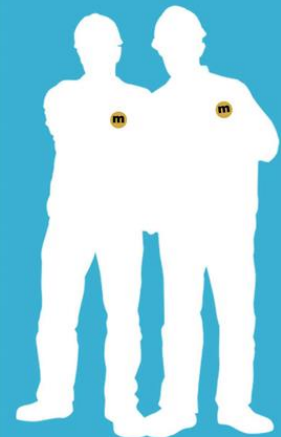
For a list of construction aligned mental health awareness training visit:
buildingmentalhealth.net






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



Construction
Industry Helpline
0345 605 1956



BuildingMentalHeath.net
Time to CHANGE... Time to TALK.

www.constructionindustryhelpline.com





The voice of the
home building
industry

www.hbf.co.uk | 0207 960 1600 | twitter: @homebuildersfed

