

IOSH Construction Group Mental Health Toolkit



1 in 4 people in the UK will experience a mental health problem each year



In England **1 in 6 people** report experiencing a mental health problem in any given week



In the UK men remain **three times as likely** to take their own lives than women, and in the Republic of Ireland **four times more likely**



Globally, **every minute**, a man dies by suicide

99% of the construction industry in the UK is male

The risk of suicide in male low-skilled works in construction is **3.7 times** above the national average



29% of all male suicides are those working in skilled construction jobs

Suicide kills **six times** as many workers as those who fall from heights

What does good mental wellbeing look like?

If you have good mental wellbeing you are able to:

- ♥ feel relatively confident in yourself and have positive self-esteem
- 🗨️ feel and express a range of emotions
- 👥 build and maintain good relationships with others
- 🏆 feel engaged with the world around you
- 🏠 live and work productively
- 🚗 cope with the stresses of everyday life
- 🤝 adapt and manage in times of uncertainty and change

Resources

TBTs

- [Building Mental Health](#)
- [CITB](#)
- [MHFA England](#)
- [HSE talking toolkit](#)



- [Black dog video clip](#)



- [Stevenson/Farmer Report: Thriving at Work](#)
- [Voluntary reporting](#)
- [HSE Management Standards](#)



- [Mental health at work](#)
- [Mental Health UK](#)
- [Lighthouse Club \(construction\)](#)
- [MHFA England](#)
- [Mind](#)
- [Mates in mind](#)
- [Time to change](#)



- 999
- [Samaritans](#)
- [NHS Choices](#)
- 111 NHS

Training

Mental health first aider (two days)

Mental health aware (half day) and champion (full day)

Regular / Annual Events

February

Time to Talk Day
Eating Disorders Awareness Week
Children's Mental Health Week

March

University Mental Health Day
World Bipolar Day

April

Stress Awareness Month

May

Mental health awareness week

September

World Suicide Prevention Day

October

World Mental Health Day

November

Movember
National Stress Awareness Day
Anti-Bullying Week



Mental Health Foundation

Remploy

Putting ability first

