



# Update Mental Health in Construction

SUMMER 2024



**BREAKING THE SILENCE,  
BEATING THE STIGMA.**

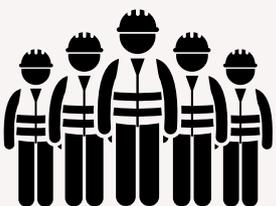
Welcome to this summer update and it's hard to believe it is nine months on from our autumn 2023 update.

We are delighted to report that the work that has been going on has been very successful and you'll find out more in the next few pages.

From developing the Signposting Service to talking to organisations that deliver First Aid for Mental Health Training, all of our activity is geared towards improving the mental health of those who work in our industry.

## Included in this newsletter

- The importance of the signposting service
- Powering ahead with the CSR card scheme
- Meeting the Mental Health Trainers
- What's in a survey
- Coming down the tracks
- Marketing & Promotion request



Check out the Signposting Service by scanning the QR code

NI Safety Group act as the Secretariat for BMHA and for further details of the initiatives in this news update (including how to become involved) email [admin@nisg.org.uk](mailto:admin@nisg.org.uk)

# The importance of the Signposting Service

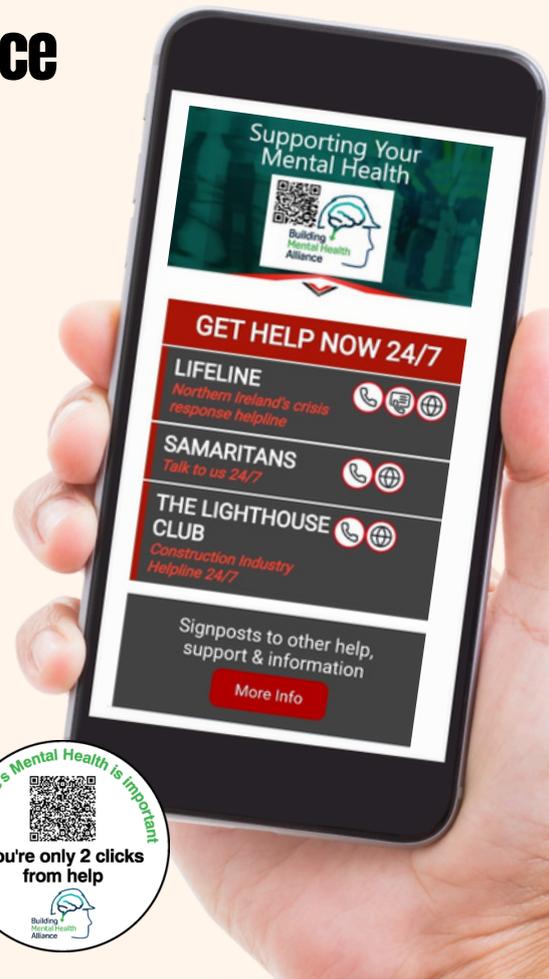
## You're only 2 clicks from help

Launched in October 2023 this initiative has been a resounding success.

Accessed by a QR code the service aims to get those in crisis to a helpline immediately and it also provides links to charities providing support services for mental health.

Since launch the service has been accessed over 2000 times with a number of visitors going on to access links to other services.

Thanks to all those that have supported the Signposting Service by distributing packs and delivering tool box talks.



Examples of support from the industry



Contractor Woodvale Construction took this photo after delivering a tool box talk to some of their employees.

**CHO** CHARLES HUTCHISON CONSULTING

Now supplying hard hat stickers to managers on their construction courses.

We were delighted when NI Protective Clothing approached us to see if we'd provide stickers for the hard hats they sell.

Working in partnership creates a win-win for all.

If you have ideas on how to promote the initiative contact us on [admin@niscg.org.uk](mailto:admin@niscg.org.uk)



*Katie Montgomery from NIPCC adhering stickers to helmets before delivery.*



**NI Protective Clothing Co**

028 9068 1107



Need hard hat stickers? Contact us - [admin@niscg.org.uk](mailto:admin@niscg.org.uk)

# Powering ahead with the CSR Card Scheme

The mental health module for the operatives CSR card scheme was introduced in September 2022.

**To date 31,000 operatives have gone through this module.**

This is worth repeating - 31,000 operatives in the sector have discussed mental health as part of their training.

**Managing Your Mental Health**

There are lots of ways to manage your mental health including:

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

A gauge with a needle pointing to 'HEALTHY' on a scale from 'PERFECT' to 'UNHEALTHY'. The needle is positioned between 'HEALTHY' and 'PERFECT'. The gauge is labeled 'HEALTHY LEVEL'.

**CONSTRUCTION SKILLS REGISTER**

Affiliated: **CSR**

Registration No: 00000000

Expires End: Apr 20XX

**LABOURER**

## Meeting the Mental Health Trainers

In our 2022 survey a considerable number of respondents stated they didn't know what support was available in NI, and requested more be done in relation to Awareness, Support and Training.

The steering committee debated at length what we as BMHA could do to assist in addressing this.

**Supporting Your Mental Health**

**GET HELP NOW 24/7**

- LIFELINE**  
Northern Ireland's crisis response helpline
- SAMARITANS**  
Talk to us 24/7
- THE LIGHTHOUSE CLUB**  
Construction Industry Helpline 24/7

Signposts to other help, support & information

[More Info](#)

The Building Mental Health Alliance (BMHA) is a Northern Ireland Construction Industry initiative aimed at creating better mental health for all in the sector.

It is based around a QR code allowing simple access from any smart device to a webpage signposting viewers anonymously to help, support, training bodies and information on areas that are impacting the mental health of construction workers.

The webpage also includes free downloadable resources including the QR code for use in your own campaigns, posters and regular messages that can be displayed at your place of work, and a toolbox talk.

**Scan me**

**Building Mental Health Alliance**

In relation to the training aspect, we decided to invite NI-based Mental Health Training Organisations to come together to discuss, collaborate, and agree to promote the BMHA website as a source of signposting to awareness and support in their training courses, and in turn they would be listed on the website as a source of training provision.

This event happened at the end of May when two steering committee members (Andrew from GRAHAM and Rachel from CITB NI) hosted a successful get-together with the training organisations, resulting in agreement to utilise a slide (which will be similar to that shown above) during their training courses.

## New Survey

The close to 400 responses we received to the 2022 survey were instrumental in telling us what we needed to work on.

But things change and we plan to conduct another one shortly. Please do spend a few minutes when you receive it helping us to gather the data necessary to guide our efforts.

## Watch this space

### Marketing/Promotion

There's a great saying in the marketing field and that is "50% of your marketing budget is success, the problem is you never know which 50% it is".

This is especially true when it comes to promotional materials about getting your mental health message out.

If you've a success story we'd love to hear about (and then share) it.

Let us know what works for you as you promote your mental health messages by emailing [admin@nisg.org.uk](mailto:admin@nisg.org.uk)



## Coming down the tracks

It became evident to us that there is a lot of work to do to keep mental health at the front of everyone's mind.

## FUTURE LOADING



To that end we set up at the start of the year a series of achievable KPIs to work on. Some have been mentioned throughout this newsletter but what else are we working on? See below.

- New promotional material to help publicise the services available
- A 3 minute explainer video of who BMHA is
- A terms of reference for supporters
- A target for speaking at industry events
- A Mental Health Module for the Supervisor and Manager Card CSR courses
- A support toolkit for non site based staff
- More support organisations added to the web page
- Increase in the range and type of events to be run

We trust you will see that we've been busy and aim to continue to be as we carry on promoting mental health in the sector.

