Building better mental health in the construction sector

Joscelyne Shaw
Executive Director, Mates in Mind
Good safety = good business
...but
what about health, and mental health?
Scale of the issue in construction

**Randstad survey (2017)**
34% of respondent construction workers experienced a mental health condition in the last 12 months

73% feel their employers do not recognise the early signs of mental health problems

46% of all women responding said they were dealing with poor mental health conditions at that point

2/3 said that they do not feel there are sufficient outlets to discuss mental health conditions

**ONS (2016) data on suicide rates**
Rate among low-skilled male construction workers was **3.7 times** above the national average between 2011 and 2015

Rate among building finishing trades, including plasterers, painters and decorators, was **twice** the national average between 2011 and 2015
aims to raise awareness, address the stigma of poor mental health and improve positive mental wellbeing in the UK construction industry.
Mates in Mind helps organisations to communicate and deliver a consistent and clear approach to mental health

Four elements to the approach:

- Guidance & Support
- Awareness & Education
- Research & Development
- Communication
Building a shared repository of communication & campaign materials
Supporters and Champions of Mates in Mind

By becoming a Supporter of Mates in Mind, companies join a growing number of organisations that are striving to improve the mental health & wellbeing of their own workforce and the industry.

Business champions

Supporters
Be part of the action

www.matesinmind.org
T. 020 3510 5018
E. support@matesinmind.org

@matesinmind
www.linkedin.com/mates-in-mind
www.facebook.com/matesinmind