

Mental Health First Aid

#heretosupportyou

91%

of construction workers feel **overwhelmed** at work.



Every working day,



two construction workers take their own lives.

48%

of workers have taken time off due to **unmanageable stress**.



Suicide rates in construction are



higher than the national average in the UK.



Changes in behaviour, emotions or physical appearance could mean yours or someone else's mental health is being impacted by stressful life events.

- Loss of humour
- Irritability
- Finding it hard to concentrate
- Changes in weight
- Lack of care over appearance
- Frequent physical illnesses
- Being more tired
- Increased absence
- Making mistakes
- Forgetfulness
- Tearfulness

How to know if you or someone else may need support

What to do if you think you or a colleague may need support

If you're worried about someone, reach out and ask how they are - and always remember to ask twice!



Speak to your local Mental Health First Aider. They're trained to listen without judgement and to signpost to the support you deserve.



Contact Samaritans for free, confidential support 24/7, you can call them on 116 123 or visit [samaritans.org](https://www.samaritans.org)



If you or someone else is at immediate risk of harm, call 999.

