



TOOLBOX TALKS

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Toolbox Talk Details		
Title	B08 - Mental health	
Reason	Male construction site workers are three times more likely to commit suicide than the average UK worker.	
Outline	This talk covers some of the various mental health issues people may experience while at work.	
Management of mental health issues		
<ol style="list-style-type: none">1. People living with mental health problems can often control their condition through strategies involving medication, healthcare, therapy and self-management (for example, by doing things that make them happy, such as hobbies or exercise).2. Managers should be aware of the signs of mental ill health and put steps in place to support their employees.3. Management should actively work to support individuals and create an environment where those with mental health conditions are able to talk to someone or seek guidance from other sources.4. Management should work to remove the stigma around mental health issues and the unhealthy idea of construction being a 'tough man' environment where seeking help is seen as a weakness.5. Team leaders should be trained to spot the signs of mental health conditions and be able to identify sufferers and guide them to support.		
Resources		
<ol style="list-style-type: none">1. Signs, symptoms and support for mental health conditions can vary for individuals. Guidance can be found on the MIND website: www.mind.org.uk.2. A free to download Building Mental Health Toolbox Talk can be found on the Building Mental Health website: www.buildingmentalhealth.net/resources.html		
Revision Date	Assessed By	Signature
January 2021	Michael Reddan	