

COMMENT

Promoting knowledge to improve workplace safety, health and wellbeing



Northern Ireland
Safety Group
Promoting Occupational
Safety & Health

Don't let stress leave you in a mess

The Building Mental Health Alliance (BMHA) are delighted to see that the new mental health module in the Construction Skills Register one day health and safety course for operatives has been very well received.

employed or working for smaller firms live with severe levels of anxiety. Intense workloads, financial problems, poor work-life balance and supply chain issues are all cited as contributing factors towards poor mental health.



Lynette McCartan, CSR Card Trainer at Bemac Training delivering the module.

"We recognise the importance of good mental health and are committed to raising awareness in the industry"

said Jonathan Caughey, a BMHA committee member and CSR Scheme Manager "We hope that by launching this mental health initiative, which will shortly migrate to the supervisor and manager level cards, we can provide workers with an understanding and a willingness to be open with their colleagues."

Aimed at alerting construction workers to recognise the signs of colleagues (or indeed themselves) struggling with mental health challenges.

Since its roll out late last year the module has been delivered to over 10,000 construction workers in Northern Ireland. It is gratifying to see the stigma of mental health being openly highlighted in a sector that struggles with a 'macho' image which actively works against a culture of openness.

The module covers what is mental health, signs indicating a mental health issue, how a person may be feeling and sources of help.

Statistics from the Mates in Mind charity indicate a third of construction workers who are self-

All CSR trainers were given the opportunity to access training on mental health before the module launched and although not mental health professionals themselves are equipped to signpost to sources of help if required.

"Starting a day's training by talking about mental health isn't what many of our attendees expect but I've been surprised by how many have quickly engaged" added Lynette McCartan, CSR Trainer at [Bemac Training](#) "This is exactly what we want the module to deliver."

10000+ having mental health training is a great start to an initiative. To learn more contact Jonathan Caughey jonathanc@cefni.co.uk



info@nisg.org.uk

nisg.org.uk