

MENTAL HEALTH

DON'T SUFFER ALONE

SUICIDE KILLS MORE CONSTRUCTION WORKERS THAN FALLS EVERY YEAR
EVERY DAY 2 CONSTRUCTION WORKERS TAKE THEIR OWN LIFE IN THE UK

73% of construction workers feel that their employers did not understand
EARLY MENTAL HEALTH SIGNS

63% of people have mild
ANXIETY SYMPTOMS

58% of people feel
MILD DEPRESSION

63% don't tell their employers they are off for
MENTAL HEALTH ISSUES

13.2% of suicides but only 7% of
WORKFORCE



10 SIGNS

of mental health issues

- LOSS OF INTEREST
- FEELING HOPELESS AND PESSIMISTIC
- ANGRY, IRRITABLE AND RESTLESS
- FEELING GUILTY, WORTHLESS OR HELPLESS
- CRIPPLING WORRY AND FEAR
- FEELING DREAD AND PANIC
- EXTREME TIREDNESS
- APPETITE CHANGE
- LACK OF ENERGY
- SLEEP PROBLEMS

6 FACTORS

attributing to depression

- TRAUMA
- BEREAVEMENT
- BIOLOGICAL FACTORS
- SELF IMAGE
- FINANCIAL ISSUES
- RELATIONSHIP ISSUES



CONTACT US FOR MENTAL HEALTH SUPPORT
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