
Mental Health in Construction Training

For more information, visit our [Mental Health in Construction Training](#) webpage.

COURSE CONTENTS

This training course is broken down into 4 sections

- 1 Mental Health in Construction
- 2 Mental Health Problems
- 3 Wellbeing toolkit
- 4 External Help

LEARNING OUTCOMES

- ✓ Understand the different factors that can trigger mental illnesses in those working in the construction industry
- ✓ Understand how a 'macho' culture has impacted the construction sector
- ✓ Learn how to take positive steps to remove stigma surrounding mental health

ABOUT THIS COURSE

You may be wondering why we've created a Mental Health course specifically for the construction industry. Well, put simply, **poor mental health in the construction industry accounts for over 200 suicides per year and this is simply not good enough.**

The sad and often unspoken truth of it is that construction workers are prone to stress, anxiety and depression for a number of different reasons and these factors are responsible for over 400,000 lost working days each year in the UK.

As a predominantly male industry, there is a 'macho culture' attached to construction sites and workplaces, and this often puts pressure on workers to 'suck it up' and get on with things, even if they are really struggling with a mental health issue.

Our Mental Health in Construction course is split into 4 easy-to-follow and engaging sections which aim to educate learners on the various types of mental health problems, the science behind our thinking and where to go to for external help. The course also puts a strong emphasis on breaking the stigma surrounding mental ill-health throughout.