

# Mates in Mind striving alongside B&CE to transform apprentices' mental health



Having been awarded the B&CE's Mowlem Award grant in 2018, Mates in Mind have launched their Apprentices' Mental Health Survey to support improvements in the mental health of apprentices across the construction and related industries.

Joscelyne Shaw, Director of Strategy at Mates Mind stated:

*"Mates in Mind are striving to improve apprentices' mental health because we understand that the challenges of poor mental health are affecting young people across our industries. As reported by the World Health Organisation (WHO), we know that half of all mental illnesses begin by the age of 14, and three-quarters by mid-20s. We also know that poor mental health can have an impact on future generations, contributing further to cycles of inequality and ill health that may run through some families."*

Using the funding provided by the B&CE, Mates in Mind have launched their [Apprentices' Mental Health Survey](#). The results of the survey will provide us with insights and an evidence base about apprentices' mental health from which we will develop a programme specifically tailored to their concerns and needs.

To support our current apprentices' initiative Mates in Mind are also promoting a poster created by Colin Orr, the British Safety Council's 2018 poster competition winner, who's 'Image of wellbeing' illustrates how depression can manifest in young people.

*"With our work across the construction industry now reaching over 188,000 workers through our more than 210 Supporter organisations, we understand that we should be striving to provide apprentices and young people with the best starting point at the beginning of their careers"*

Joscelyne Shaw, Director of Strategy

Mates in Mind would like to appeal to all UK employers, colleges and apprentices' schemes to encourage their apprentices to take part in our survey and are excited to use it to support our work to transform the industry's approach to mental health.

**END**

## Notes to editor

### About Mates in Mind

1. Mates in Mind is a registered charity working in the UK that aims to provide clear information to employers on available support and guidance on mental health, mental illness and mental wellbeing, and how they can address this within their organisations. Mates in Mind looks to make sense of what options and support are available to employers wishing to promote improved mental health within their workforce.
2. To take the survey or share it amongst your apprentices, you can visit the Mates in Mind website or follow the survey link directly here: <https://www.surveymonkey.co.uk/r/matesinmind-apprentices>
3. Mates in Mind are offering apprentices the opportunity to win £250 of Amazon vouchers to one lucky apprentice participating in the survey.

4. Mates in Mind is a collaboration of founding partners: Health in Construction Leadership Group and British Safety Council and is supported by core partner charities Mind, Samaritans, Mental Health First Aid (MHFA) England and Inspire. It is also supported by construction industry charities and bodies and has various Mates in Mind business champions, including: Balfour Beatty; eight2O; Galliford Try; Mineral Products Association; RSE Group; Sellafield; Tarmac; and Tideway. Quotes of support from these organisations are available on request.
5. Mates in Mind was the result of a Health in Construction Leadership Group summit in early 2017 for construction industry CEOs and senior leaders who voted overwhelmingly to improve the mental wellbeing of its workforce. At an event in January 2017, Mates in Mind was launched, and the pilot phase was started. Mates in Mind was featured in the *Thriving at Work* report published in October 2017.
6. More details on Mates in Mind is available at: [www.matesinmind.org](http://www.matesinmind.org)
7. Mates in Mind must only be referred to in acronym form as MinM.

### Mates in Mind's networks

Website: [www.matesinmind.org](http://www.matesinmind.org)

Twitter: [www.twitter.com/matesinmind](https://www.twitter.com/matesinmind)

Facebook: [www.facebook.com/matesinmind](https://www.facebook.com/matesinmind)

LinkedIn group: [www.linkedin.com/company/matesinmind](https://www.linkedin.com/company/matesinmind)

### Media requests

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