

**9 out of 10 people who  
experience mental  
ill-health say they face  
stigma and discrimination  
as a result\***

**Let's talk.**

If you, or someone you know  
needs support, please call

**Construction**  
Industry Helpline   
**0345 605 1956**



**Be a mate  
Be the change**

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

\*Good Day at Work  
Annual Report 2014/15