Mates in Mind
Let’s start the conversation…

Course Overview

This 45-minute session is designed in partnership with and delivered by the British Safety Council. It provides practical skills to spot some of the signs of mental health issues in ourselves and in our co-workers, giving people the confidence to step in, reassure and support our colleagues and to know who to turn to for appropriate support.

Objectives

- To get construction workers thinking about mental health
- To get construction workers talking about mental health

Learning outcomes

- Understand what is meant by mental health
- Identify the pressures facing a construction worker
- Identify how pressures affect mental health
- Understand why people are reluctant to talk about mental health
- Identify ways of looking after our own mental health
- Identify the signs that someone else needs help
- Know what to say and do if someone else needs help
- Recognise that it's OK (and beneficial) to talk about mental health.

Duration: 45 minutes.

Locations: Courses can be delivered onsite or at a public location.

Group training: Maximum 20 people per course.

Prices: £6 per employee*

* This price is indicative and varies depending on the total number of employees. Price excludes the cost of onsite train the facilitator training (prices on application). Subject to British Safety Council Terms & Conditions.

What people are saying about Start the Conversation…

“Clear, simple, relevant” “Very clear, very simple” “Very relaxed and informal”

“Simple, user friendly, yet to the point” “At the right level for operatives”