

## CECA IS SAYING **YES** TO SUPPORTING MENTAL HEALTH AWARENESS WEEK

18 – 22 MAY 2020

It is more than timely that the [Mental Health Foundation](#) is hosting a mental health awareness week which will focus on kindness, including community support for people affected by mental illness.

CECA are actively involved on a number of fronts in support of mental health initiatives and we are using this week to help signpost members and their families to information and advice should they think they need it. CECA is supporting this important initiative by saying YES to all its members.

Construction is still a challenging industry to work in and the statistics do not lie. Every single working day in the UK two construction workers take their own life. Stress, depression or anxiety accounts for a fifth of all work-related illness.

So, to help in some small way, CECA is asking you to say **YES – and help yourself to a better outcome.**

**Y** – **You are not alone.** It might seem you are the only one who feels like you do, but because we do not share our feelings widely it is possible that someone else, even someone who is close to you, feels the same way. These are strange times – and it is not uncommon to feel a sense of isolation, frustration and despair. So please Start the Conversation and help yourself and others.

**E** – **Everyone is currently affected by the Covid-19 pandemic.** Everyone, either through direct or indirect means is affected by the ongoing crisis and will be for some time to come. The current situation is adding extra pressure on already stretched resources and the industry has been uncertain how to react with some sites opening and others not. The advice around social distancing is not very specific and we know this has added extra anxiety to workers. Some are working from home and finding they are juggling added responsibilities and missing co-working interaction.

**S** – **Seek help if you are in need!** There is an enormous amount of self-help information, guidance and training available however there are also a number of organisations who have real people who are at the end of the phone and who are there to provide immediate help. See the further information below.

ORGANISATION	WEB ADDRESS	WHAT THEY DO	EMERGENCY NUMBER
Mates in Mind	<a href="#">Mates in Mind</a>	Provides clear information, advice, training and support for employers, on mental health, mental illness, and wellbeing; and how to address this within an organisation.	Help signposting is accessible <a href="#">here</a> . General enquiries: 020 3510 5018
Lighthouse	<a href="#">Lighthouse</a>	Provide a confidential 24/7 <a href="#">Construction Industry Helpline</a> which is available to the industry's workforce and their families in the UK and Ireland. The helpline is supported and marketed by the CCS. The helpline provides the first point of contact for those who need to access a range of completely confidential support services.	0345 605 1956

Samaritans	<a href="#">Samaritans</a>	Provides support and assistance to anyone across all sectors.	116 123
Mind	<a href="#">Mind</a>	Provides support and advice to empower anyone experiencing a mental health problem.	0300 123 3393
CECA - including Fairness, Inclusion & Respect (FIR)	<a href="#">CECA Stop. Make a Change</a>	Provides and signposting to other organisations.	N/A
Fairness, Inclusion & Respect - Toolbox Talk on Mental Health and Wellbeing	<a href="#">FIR Toolbox Talk</a>	Scripted toolbox talk which introduces the concept that everyone experiences mental health, and looks at tips for maintaining good mental health, and how to spot the signs of mental ill-health.	N/A
FIR Webinar on Mental Health & Wellbeing	<a href="#">Supply Chain School</a>	This recorded webinar provides useful information and statistics, practical steps we can take to encourage people to come forward when they need to and examples of industry good practice and support.	N/A
Working Well Together	<a href="#">Working Well Together</a>	WWT provides relevant health and safety messages and information to the workforce directly through a number of ways, such as the WWT White Van Tours/Roadshows which visit building sites within a given area, allowing the workers to receive these messages and information without having to leave their site.	N/A
HSE	<a href="#">HSE</a>	Workbook on tackling work-related stress	N/A
CITB - Know the Signs and Act	<a href="#">CITB</a>		N/A
Mental Health at Work	<a href="#">Mental Health at Work</a>	Some useful resources about supporting yourself and others while working from home.	N/A

### Also... For Managers and Staff

Managers need to keep in touch with their staff during the furlough period if possible. All too often we have heard of individuals who are on furlough who have been forgotten about. Managers need to maintain contact with their staff and team and should make time for one-to-one sessions if possible. Use of video is to be encouraged and there are a number of good platforms that can be used – i.e. Zoom, Skype, Microsoft Teams etc.

Staff who are either isolated/isolating at home or furloughed may need guidance and advice on how to stay safe and positive during these uncertain times. The BBC has some useful advice [here](#).

As well as the many organisations listed above. Please check these out to help you and your staff.

For further details on how to manage your staff – please see the CECA guidance note [here](#).