

# Stop. Make a Change.



## What is Stop. Make a Change?

*Stop. Make a Change* is the only nationwide campaign of its kind in UK construction, in which companies temporarily cease work to participate in sessions aimed at improving the health, safety, and wellbeing of everyone working in the sector.

This year, *Stop. Make a Change* will take place for **the whole of October 2025** to demonstrate the gravity of the challenges construction faces in relation to the mental health of our workforce, at all levels, across the industry.

CECA is providing free resources to support your company to get involved with *Stop. Make a Change* 2025. Go to [www.stopmakeachange.co.uk](http://www.stopmakeachange.co.uk) for free Toolbox Talks, Conversation Starters, social media graphics and to find out about free CECA events during October led by our partners and supporting organisations.

## Working in Partnership with



**Mates in Mind** is a leading UK charity which enables organisations to improve the mental wellbeing of their workforce by providing the skills, clarity and confidence on how to raise awareness, improve understanding, implement effective interventions and end the stigma of mental ill-health.



**The Lighthouse Charity** provides 24/7 holistic support to the construction community across the UK and Ireland on all aspects of emotional, physical and financial wellbeing. The charity provides a range of free and widely-available reactive and proactive resources to support the industry.



**ANDYSMANCLUB** are a men's suicide prevention charity, offering free to attend peer-to-peer support groups across the United Kingdom and online. We want to end the stigma surrounding men's health and help men through the power of conversation. #ITSOKAYTOTALK



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## Resources

### Toolbox Talks

- Mental Health
- Suicide Awareness
- Men's Health and Andropause
- Menopause Awareness



### Conversation Starters

- Mental Health and Wellbeing
- Suicide Awareness
- Men's Health and Andropause
- Menopause Awareness



### Signposting

- Triggers of Mental Health Challenges
- Plain Speaking Stress Toolkit
- Need to Talk Sticker Initiative - CIOB
- Working Minds - HSE
- Mental Health Project - CLC
- Fairness, Inclusion and Respect - SCSS



### Organise a Company Stand-down Day

Resources and information from all our partners are available by clicking on their logos below. For year-round industry initiatives click [here](#).



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## Health & Wellbeing in Construction

Promoting health, safety and wellbeing in the construction and infrastructure sector. As well as the resources that are available for members to use during their own HS&W sessions, stand down days or tool box talks, CECA will also deliver the following sessions free of charge for members during the 2025 *Stop. Make a Change* campaign.

Join us at any of our **FREE** CECA Events during the month of October - click [here](#) for the SMAC events page.

**07**  
OCTOBER

8.30am-12.00pm  
**Mental Health & Wellbeing**  
In-Person Workshop (CECA Y&H)

**20**  
OCTOBER

9.00AM - 11.30AM  
**Suicide Awareness**  
Online Workshop (Lighthouse Charity)

**09**  
OCTOBER

12.00PM - 1.00PM  
**Andropause Awareness**  
Online Webinar (Lighthouse Charity)

**23**  
OCTOBER

TIME TBC  
**Andy's Man Club**  
Online Webinar (Andy's Man Club)

**14**  
OCTOBER

8.30am-4.00pm  
**Working Well Together**  
NE Construction Health & Safety Expo

**29**  
OCTOBER

TIME TBC  
**Managers' Workshop: Stress**  
Online Webinar (Mates in Mind)

**17**  
OCTOBER

10.00AM - 11.00AM  
**Menopause Awareness**  
Online Webinar (Lighthouse Charity)

**30**  
OCTOBER

9.00AM - 11.30AM  
**Suicide Awareness**  
Online Workshop (Lighthouse Charity)

**17**  
OCTOBER

2.00PM - 3.00PM  
**Menopause Awareness**  
Online Webinar (Lighthouse Charity)

Show your support.

Let's make SMAC25 the biggest and best yet.

Celebrate your participation online and please use the hashtags [#StopMakeAChange](#) and/or [#SMAC25](#) when posting - and don't forget to tag CECA @CECAPolicy, your regional / devolved national teams, and our partners.

@andysmanclub #ITSOKTOTALK #ANDYSMANCLUB

@TheLighthouseCharity #LighthouseCharity

@MatesInMind #MatesInMind

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**Stop. Make a Change.** is supported by:



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