



MENTAL HEALTH FIRST AID IN CONSTRUCTION

2 CERTIFICATE CREDITS

A one-day course designed to teach learners in the construction industry to support their own mental health and how to assist others.

Who Should Attend This Course?

Managers responsible for staff, those interacting with the public, or anyone who wants to improve their knowledge around mental health.

Course Background

In 2019, Site Safe commissioned a report into suicide in construction, which clearly identified construction as a high risk industry for mental wellbeing.

Following the release of the report, Site Safe began looking at ways to offer practical assistance to the industry to understand and deal with mental health issues in the workforce.

Developing the Mental Health First Aid in Construction course in collaboration with St John is an initiative undertaken to provide support to the industry, raising awareness of mental health issues found in today's workforce.

Course Content

This one-day course is divided into two parts. The first part, delivered by St John, focuses on general mental health and the factors that affect our mental health. It shows how to recognise signs of someone experiencing poor mental health and covers topics such as depression, anxiety, addiction, self-harm and suicide.

A key aspect of the course is to learn how to respond to someone experiencing mental health concerns using the Listen to your HEAD action plan.

The second part, delivered by Site Safe, focuses on how the construction industry views mental health, the importance of promoting awareness of mental health and ways to support workers at work.

Some Of The Questions We Ask

- › Do we treat mental health as important as physical health at work?
- › Have we stigmatised people suffering from poor mental health?
- › Do we still believe in the “harden up” or “take a concrete pill” mentality in construction sites?

- › What are we doing at work that positively or negatively impacts workers' mental health?
- › What are the benefits of promoting positive mental health?
- › How do we support positive mental health and wellbeing?
- › What are companies doing to build workers' good mental health?
- › What are we, as individuals, doing to build our own mental health and to support others?
- › How can you make a difference?

The course is delivered through interactive group workshops, discussions and videos. Learners will look at construction-specific scenarios to apply the Listen to your HEAD action plan.

Learners are expected to actively participate during the workshops and discussions.

Please note: This course will cover some sensitive and confronting mental health issues.

ASSESSMENT ON COURSE

On Completion Receive

- › Site Safety Card (Passport) or renew your existing card which will be valid for two years.
- › St John Mental Health First Aid certificate and workbook.
- › 8 Licensed Building Practitioner points.
- › 2 credits towards the Health and Safety in Construction Programme.

IN PARTNERSHIP WITH

