Stop. Make a Change.

Triggers of Mental Health Challenges in the Construction Industry

Money Worries: Money worries can be a significant trigger for mental health challenges in construction workers. Changes in income, job insecurity, and worries about debt can lead to stress, anxiety, and depression. Also, if workers are paid for the work they complete, poor weather, sickness, caring responsibilities and holidays can all impact the money coming into a household. Support is available from the Lighthouse Charity who can help with financial advice, support and even provide a food on the table if workers are struggling to feed their family.

Loneliness: Construction workers sometimes need to work away from home, do shift work, or working in remote locations, all things that can result in loneliness and affect someone's mental health. Without family and friends around there are fewer people to talk to about how people are feeling. Workers could try to agree a time when they can call home to speak to family and friends, or contact other networks e.g. Andy's Man Club and other Lighthouse Beacons.

Challenges at Home: Lives are complicated and as the construction industry is made up mostly of men, it's not always seen as a place to open up about struggles at home. Not talking about family and relationship problems can make things feel worse, so it's important to reach out for support. Andy's Man Club and other networks offer support and safe places where men can talk to other men going through similar experiences.

Grief and Stress: Occasionally construction work can lead to workers witnessing traumatic events, like accidents or fatalities on site. If workers aren't offered support and the opportunity to talk about these incidences, they can lead to conditions like post-traumatic stress disorder (PTSD). Employers should always offer support to their workforce in these cases, or workers and concerned friends and family can reach out to the **24/7 Construction Industry Helpline (0345 605 1956)** run by the Lighthouse Charity. The Lighthouse Charity's Critical Response Service is a fast wellbeing response unit for critical onsite incidents, providing onsite trauma response and follow up activity – call **0345 605 1956.**

Workplace Culture: The mostly male workforce and 'macho' culture in construction can stop workers discussing how they are feeling, if they are struggling and asking for help. Unfortunately, this only makes things worse for everyone. Encouraging conversations, sharing challenges and signposting people to support networks can make construction a safer place for everyone. Open conversations between colleagues, toolbox talks on mental health, wellbeing activities all help create supportive working environments. Resources are available from the Lighthouse Charity, Mates in Mind, and other industry networks to help companies develop good practices to support their workforce.

Physical Health: Construction can be a hard, physical job and can lead to injuries and health conditions. Poor physical health can impact people's quality of life and mental health too. Workers are encouraged to talk to their employers and visit the doctors if they are concerned about any aspects of their health. Support is also available from the Lighthouse Charity, the Self-support app or the **24/7 Construction Industry Helpline (0345 605 1956)**.

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