

HOW CAN YOU GET INVOLVED?

HBF has been working with members and charitable organisations to create opportunities for organisations to instigate change within their own workplace and promote positive mental health and wellbeing for employees. Get involved now and be part of the solution.

Managing mental health webinars

HBF and its members have hosted two free webinars to help small businesses and those working within the supply chain to understand mental health conditions and provide the tools needed to create their own mental health strategies. The webinars provide guidance on how businesses can start to make a difference and how to communicate and support employees who may be struggling. To find out more and to watch visit www.hbf.co.uk/mentalhealthawareness

Free mental health awareness training

HBF has partnered with the Lighthouse Club Construction Industry Charity to offer free mental health awareness training for those working in SMEs and the supply chain, an area where many do not have access to employee assistance programmes. The courses are held throughout the year and provide advice and guidance on how to look after your own mental health and signposts to confidential support available. To take advantage of this training visit lighthouseclubtraining.corsizio.com

Signposting to mental health support

There is a lot of information on mental health, and it can be overwhelming. HBF has created a mental health resources page that provides free information and confidential support to help businesses and employees and their families. From mental health apps to action plans for employers there is a range of support available, visit www.hbf.co.uk/mentalhealthawareness

LET'S DRAW THE LINE ON MENTAL HEALTH IN THE HOME BUILDING INDUSTRY

Improving mental health and wellbeing has grown in importance in recent years following the covid-19 pandemic. The impact of mental ill-health on individuals and communities is substantial and is costing UK workplaces between £24-27 billion a year. That is an overall loss to the economy of between £70-100 billion.

Construction remains one of the industries most affected by poor mental health and for those working in SMEs and sole traders, access to mental health support is limited. The Home Builders Federation is committed to working with its members to help employers understand mental health issues and create the support employees need.



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 @HomeBuildersFed
 Home Builders Federation



Construction
Industry Helpline
0345 605 1956



Men account for **Over 80%** of suicides in the UK



Every year over **700** construction workers take their own lives.

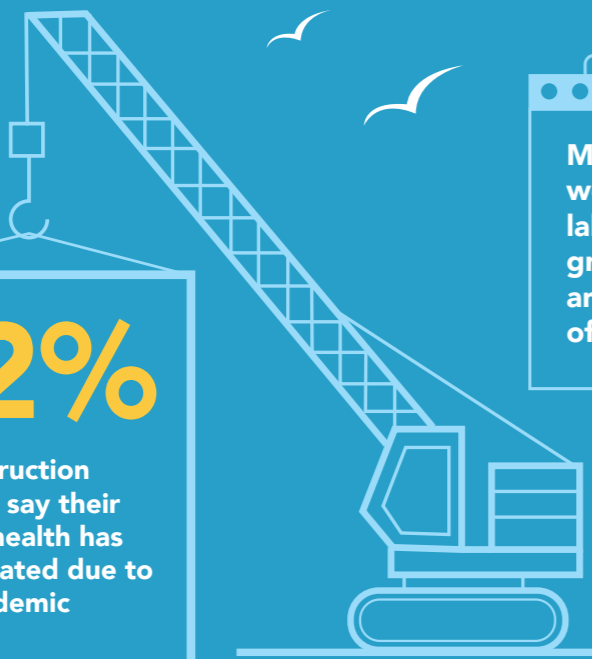


x3 Men working in construction are three times more likely to die by suicide than the national average for men



40% would 'not dare' to talk to a colleague about mental health

32% of construction workers say their mental health has deteriorated due to the pandemic



Most calls to the helpline were from those in labourer roles/groundworkers (32%) and between the ages of 30-39 (28%)

27% of work-related ill health reported in construction is due to stress, depression and anxiety

44% of workers worry their workload is too high

13% of construction workers have considered self-harm



A third of construction workers suffer with elevated levels of anxiety every day



More than **1 in 3** construction workers now consume more alcohol



91% have felt overwhelmed and 26% of workers have experienced suicidal thoughts



48% of workers have taken time off work owing to unmanageable stress

Over two thirds of workers believe there is a stigma surrounding mental health



The number of calls to the Construction Industry 24/7 helpline increased by 70% over the last year



Construction Industry Helpline
0345 605 1956

Time to CHANGE Time to TALK

Source: Lighthouse Club Impact Report 2020 <https://www.lighthouseclub.org/wp-content/uploads/LHC-Impact-Report-2020-FINAL-small.pdf>
Source: Mates in Mind 2022: <https://www.matesinmind.org/news/mental-health-in-uk-construction-the-statistics> ; Mates in Mind Impact Report 2020-2021.
Source: HSE Construction statistics in Great Britain 2021: <https://www.hse.gov.uk/statistics/industry/construction.pdf>