



Mental Health Awareness Seminar:

Reduce the Stress in Your Business

BSG Free Seminar:

Wed 26th June 12.30 - 14.00 Bromsgrove Hotel Birmingham Road, Birmingham B61 0JB

Wed 3rd July 12:30 - 14:00 3rd Park Plaza Westminster Bridge Hotel Park London SE1 7UT



The Building Safety Group

A forum for construction professionals who are concerned about the impact **Mental Ill Health** can have on their business. Hosted by the **Building Safety Group**.



Mental Health in Construction Seminar

Male site workers in construction are three times more likely to commit suicide than the average UK male. This shocking mental health statistic is a vivid reminder of the difficulties faced by many working in the construction industry every day.

BSG's free seminar, 'Mental Health in Construction' aims to spread awareness of mental ill-health in the construction sector and break the stigma surrounding it.

The seminar will be presented by Chris Chapman, Technical Support Manager for BSG.

Chris has over thirty years' experience of providing construction companies with advice about their legal duties in regard to Health and Safety.



Chris Chapman, Technical Support Manager, BSG

What you will learn

This is an introductory two hour seminar to raise awareness of mental health. It is designed to provide:

- An understanding of what mental health is and how to challenge stigma
- Your legal responsibilities as an employer
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue

Seminar Structure

- What is mental health?
- Factors which affect mental health
- Stigma
- Stress and stress management
- Spotting signs of distress
- Mental health conditions:
 - Stress
 - Depression
 - Anxiety disorders
- Starting a supportive conversation
- Supporting mental health in the workplace
- HSE Stress Management Standards

Dates

Wednesday 26th June 12.30 - 14.00
Bromsgrove Hotel Birmingham Road,
Bromsgrove, Birmingham B61 0JB

Wed 3rd July 2019 12:30 - 14:00
Park Plaza Westminster Bridge
200 Westminster Bridge Road
London SE1 7UT

How to book

To book your place please call or email BSG's marketing team your full contact details:

Tel: 0300 304 9090

Email: marketing@bsgltd.co.uk

A maximum of two delegates per organisation can attend.



The Building Safety Group

About BSG

The Building Safety Group (BSG) is a not for profit organisation which specialises in providing Health, Safety and Environmental consultancy and training for the construction industry. BSG has over 800 members which operate across 2500 workplaces throughout the country.

We conduct over 20,000 site inspections every year and train more than 10,000 construction workers. BSG is an Approved Training Organisation (ATO) following its successful completion of the CITB's approved programme.



Approved Training Organisation Status

Mental Health Statistics

- 1 in 6 workers in the UK is experiencing depression, anxiety or stress
- Suicide is the biggest killer in men under 50
- Low skilled male construction workers are almost four times more likely to take their own lives than the national average
- The number of suicides in construction is six times higher than falls from height
- Rather than seek help, one fifth of workers are turning to alcohol and cigarettes



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