

Your mental health matters.

*Look out
for your mates.*

Looking after your mental health at work is just as important as looking after your physical safety.



*How are you?
Ask twice.*

Look up. Look out.

Three things that help



Talk about it

Speaking up when you're struggling can be the first step towards getting support.



Take a break

Step away, get some air, have a brew. Ten minutes can reset a whole shift.



Support each other

A quick "you alright?" can make a real difference. If the answer sounds off, ask again.

Look after yourself.
Look out for each other.

A healthy site starts with people who feel supported, heard and valued.

NEED TO TALK NOW?

0345 605 1956

Construction Industry Helpline, 24/7

Text HARDHAT

to 85258, free and confidential

116 123

Samaritans, free, day or night