

Mental Health in Construction

Part of the 2021 Construction Series

ONLINE EVENT
2ND DECEMBER 2021

IGPP Institute of Government
& Public Policy



University of
East London

About the event

In construction – a male dominated sector – men are three times more likely to die by suicide than the national average for men. A report by the Chartered Institute of Building found that 26% of construction industry professionals thought about taking their own lives in 2019, 56% of construction professionals work for organisations with no policies on mental health in the workplace, and that 70% of respondents experienced depression and 87% experienced anxiety over the past year.

Furthermore, stress, anxiety, and depression account for one-fifth of work-related illnesses, resulting in 70 million days off sick per year at an estimated annual cost of £70bn-£100bn according to the National Building Specification. Suicide now kills more construction workers than falls every year, with 1-2 lives lost every working day.

These shocking statistics illustrate the urgent action required to address mental health issues within the built environment sector. This timely event will outline best practice for mental health support in construction, with guidelines from industry experts, and success stories from leading stakeholders. It will cover vital topics including implementing cultural change, reducing stigma, and systematic and holistic approaches to leadership.

Why attend?

- Meet other like-minded professionals and develop new, beneficial connections
- Through the learning opportunities and sharing of best practice, you will be able to implement improvements in your workplace
- Impact the wider agenda and be part of future planning
- Be part of organisations that continue to evolve, improve and innovate
- Learn how to make the best use of key products and services that can help transform your organisational capabilities

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Agenda

- 9:00** Online Registration
- 9:30** Chair's Welcome Address
- 9:40** Special Keynote: Reducing Suicides In The Built Environment Sector
- 10:00** Keynote: Mental Health At Work - Improving Workplace Culture In The Built Environment
- 10:20** Panel Discussion: Working Together for Change
- 11:05** Break And Networking
- 11:35** Case Study: The Successful Implementation Of Mental Health Frameworks at BAM Nuttall
- 11:55** Case Study: Be Well With Galliford Try
- 12:15** Keynote: Understanding Mental Health In The Built Environment
- 12:35** Questions And Answers Session
- 13:00** Chair's Summary and Close

Key speakers



Ruth Pott
Head of Workplace Health
and Wellbeing,
BAM Nuttall



Professor Charles Egbu
Vice-Chancellor,
Leeds Trinity University and
Former President,
CIOB

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Learning outcomes

- Gain actionable insights into improving mental health in the workplace
- Discover key mechanisms to foster environments which promote the integration of physical and mental wellbeing
- Understand the direct and indirect consequences of the COVID-19 pandemic on mental health within the sector
- Learn to recognise signs of serious mental health problems and those at risk of imminent crisis
- Hear of successful approaches to improving access to mental health services face-to-face and online
- Explore holistic methods of support for the promotion of long-term positive outcomes
- Consider various internal and external support infrastructures which may be effective within your organisation
- Leading by example: learn strategies to establish a precedent in which seeking help is normalized
- Identify resources for your staff to suit varying needs across departments
- Get insight from the CIOB on their 2020 report 'Understanding Mental Health in the Built Environment'
- Understand the benefits of a happy and healthy workforce

Audience

This event brings together industry leaders in the built environment, mental health, academics, and experts from the public sector to discuss the key issues around mental health and wellbeing in the construction industry.

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