

Construction Site Mental Health Wellness: Protecting your workers and business



Name

Section

Ref Number

Date

Introduction



This course provides introductory training on the foundational principles of mental health assessment and support within the construction industry. Construction workers often operate in high-pressure environments, face demanding deadlines, and experience a range of potentially stressful situations that can significantly impact their psychological well-being. By understanding the unique psychological challenges and stressors common in construction (e.g., site hazards, shift work, economic pressures), participants will be better equipped to recognise early warning signs of mental health concerns such as anxiety, depression, and burnout. The course will also explore practical strategies and frameworks for providing peer support, developing healthy coping mechanisms, and knowing when to seek professional assistance for more complex issues. Ultimately, this course is designed to foster a more supportive and resilient culture within construction teams, ensuring that the mental health of all team members is prioritized, and enabling construction professionals to thrive in both their professional and personal lives.

Module 1

This module will cover the following topics:

- Introduction



Module 2

This module will cover the following topics:

- Beyond physical safety – The mental health landscape of construction



Module 3

This module will cover the following topics:

- Protecting mental health on construction sites



Module 4

This module will cover the following topics:

- Common mental health issues at construction sites



Module 5

This module will cover the following topics:

- Bullying



Module 6

This module will cover the following topics:

- Work pressure



Module 7

This module will cover the following topics:

- Exposure to traumatic events



Module 8

This module will cover the following topics:

- Workplace violence



Module 9

This module will cover the following topics:

- Benefits of investing in mental wellbeing



Module 10

This module will cover the following topics:

- Recognising the signs: supporting your colleagues



Module 11

This module will cover the following topics:

- Taking action : Implementing change on the construction site



Module 12

This module will cover the following topics:

- What employers must do



Module 13

This module will cover the following topics:

- Responsibilities of employees



Module 14

This module will cover the following topics:

- Interoception for construction workers: Understanding your body's signals



Module 15

This module will cover the following topics:

- Supporting workmates showing signs of poor mental health



Module 16

This module will cover the following topics:

- Summary



I hereby affirm that I have fully completed this course designed for offshore workers. This includes watching all the prescribed video content

Yes

No

Date

Name

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