



Mental Health Awareness for the Construction Industry Thursday 10 October 4PM

As a society and industry sector we are increasingly aware of the importance of good mental health. Ensuring employees are mentally healthy boosts productivity and reduces absence rates and presenteeism. Recognition of mental health problems and provision of support helps build a healthy and resilient workforce.

This event will focus on mental health issues in the workplace, specifically:

- What is mental health and what are the associated issues
- How stress works
- Prevalence within the construction sector
- Promoting awareness, tackling stigma
- Recognising signs and symptoms – engagement and management



Speaker Adam Worth is a Chartered Health and Safety Consultant and Trainer at SSG Training and Consultancy. Adam is the lead Mental Health First Aid tutor at SSG where he has trained many delegates to become Mental Health First Aiders over the past few years. As a consultant Adam has worked with a wide range of clients from various industry sectors to inspire people and businesses to work safely and sustainably.

Join us at the Royal Plymouth Corinthian Yacht Club, Refreshments (hot drinks and biscuits) will be served at 3pm and the CPD event will commence at 3:30pm, the presentation is approximately 45minute followed by Q&A.

Bookings and more information visit:- <http://events.ciob.org.uk>

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