

SIGNPOSTING - NASC MEMBER BULLETIN

WHAT...

NASC members are invited to take part in Mental Health Awareness Week - Monday 10 May to Friday 16.



WHY...

Never before has the focus on the importance of awareness and understanding of mental health been more relevant. According to the HSE, in the UK alone, there were over 828,000 workers suffering from work related stress, depression or anxiety in 2019/20, which resulted in around 17.9 million working days lost.

The suicide rate among construction workers is already three times the national average for men, equating to more than two construction workers taking their own life every day. To help members support their workforce the NASC has collated a range of contacts and support materials for members to access during Mental Health Awareness Week and beyond.

WHERE...

Support materials and resources:

- SG38:19 Guidance on Mental Health & Wellbeing
- www.mentalhealth.org.uk
- www.mind.org.uk
- www.lighthouseclub.org
- www.matesinmind.org
- www.menshealthforum.org
- www.mentoo.uk
- www.careforthefamily.org.uk/family-life
- www.womenatwish.org.uk

