



MENTAL HEALTH TIPS TO USE ON SITE



BE CLEAR HONEST AND DIRECT

Reassure your team with clear, direct and supportive communications. Some may feel vulnerable about being back at work. Ensure clear communication, providing clear boundaries, and directives will make the environment easier to engage in and will help create a sense of security.



ENCOURAGE YOUR WORKERS

The morning Toolbox Talks are a great way to encourage your workers, brighten the mood, and increase positivity.



CHECK IN ON YOUR WORKERS

Make the time to check in with workers during the day. Once the COVID-19 Alert Levels change for industry the expectation is that all employees will need to work according to Health and Safety guidelines. This could create isolation and a long day for the workers onsite. Where possible make it part of business that someone from the team goes around and touches base with everyone to see how they are travelling.



BE AVAILABLE

Advise your workers that if for any reason they are struggling they can come to the site office (or a point of contact) any time. Proactively support workers who identify as being at risk of workplace psychological injury. Refer workers to appropriate channels of support for workplace mental health and wellbeing, such as Employee Assistance Programmes. Call MATES in Construction to speak to someone immediately on 0800 111 315.



SELF CARE

When supporting others, we need to look after ourselves too. If you have helped someone today, you need to make time for yourself too by doing something that you know is good for you, even if you don't feel like it. Go for a walk, phone MATES for a debrief session, spend time with loved ones or friends – these are great strategies which support your own wellbeing. Contact MATES in Construction for a debrief session on 0800 111 315.