

# The Building Mental Health Alliance (BMHA)

would like to invite you (or a representative of your organisation) to our new 'Mental Health in Construction Signposting Service' launch event on:



or



8:30am



Corr's Corner Hotel,  
Newtownabbey



8:30am



Silverbirch Hotel,  
Omagh



You can book either one at the link below.

BMHA is a collaboration of construction organisations (federations, trade bodies, professional bodies, trade unions, and large contractors) in Northern Ireland who have come together to launch an initiative aimed at improving the mental health of all workers in the construction industry.

It is our firm belief that it is only through collaborative working that we can effect changes in our industry and as an influencing organisation/influencer in the sector we would welcome your support and input.

The programme **overleaf** will give you an idea of how we aim to structure the event. It will finish at 12:15pm and will include ample time for networking. Many of the main charities that focus on supporting mental health and wellbeing will be in attendance.

We are keen to involve your organisation as a promotor of the service and as stated above we feel that the only way of tackling poor mental health in the industry is by taking a collaborative approach.

This event is free and will include refreshments. There is ample free car parking at both venues.

We trust that you will take us up on our invite.



Register to attend here:

<https://www.nisg.org.uk/event-booking?id=848>

# Event Timetable

<b>8.30</b>	Registration
<b>9.15</b>	Welcome from the Building Mental Health Alliance
<b>9.25</b>	Just what is poor mental health and what causes it?
<b>9.40</b>	Carers within mental health, what's it like?
<b>9.55</b>	The pressures in the construction industry - what's it really like?
<b>10.25</b>	Tea/coffee break and networking
<b>11.00</b>	Meeting the challenge – hear from principal construction contractors
<b>11.20</b>	Looking after yourself
<b>11.35</b>	Employer resources from the Building Mental Health Alliance
<b>11.50</b>	Working together, the way forward and getting involved
<b>12.05</b>	Q & A
<b>12.15</b>	Close

For information NI Safety Group are handling the administration for the event and can be contacted at [info@nisg.org.uk](mailto:info@nisg.org.uk) for further information.

