

Laying the Foundations for Mental Health in the Northern Ireland Construction Industry



CITB
CONSTRUCTION INDUSTRY
TRAINING BOARD NI

The Laying the Foundations for Mental Health programme is being delivered by Inspire Workplaces on behalf of Mates in Mind in partnership with CITB NI.

This **FREE** half-day course will challenge the stigma associated with mental health, help construction workers better recognise the symptoms of mental health problems, help workers protect and promote their own mental health and where they can find help.

The training will provide practical tips, action plans and self-help strategies.



Workplace Health Leadership Group
Northern Ireland



By the end of the course, participants should be able to;

- Have a better knowledge of mental illness and mental health issues
- Be able to recognise signs and symptoms of stress and mental health
- Have an awareness of how to protect and promote their own and others mental health
- Provide Mental Health tips, including impact of behaviour on others mental health and wellbeing
- Understand Emotional Resilience
- Identify self-help strategies
- Know where to find help when needed

Bookings:

To book a place please click on the link <https://bit.ly/2IDqe5W>

Please note spaces are limited so a quick response is recommended.

Cost:

**Free for CITB NI registered
in-scope employers who have met the eligibility terms and
conditions for grants to employers 2017/18.**

Others - £72 per person.

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