

Bookings are filling up fast, don't miss out!



What is Mental Health Training?

Mental Health in construction is a significant issue, with over a third of construction workers reporting that they have experienced a condition in the past year.

Who is this training available to?

The courses are designed to support individuals at all levels of the construction workforce working within the NI construction industry.

How to create longer-term Mental Health Wellbeing goals?

The workplace plays a critical role in helping to improve Mental Health Wellbeing creating environments where stressors attributed to the workplace can be minimised, supporting people who are struggling with practical tips, action plans and self-help strategies.

Where to book training?

Click on link below to access Eventbrite booking system.

Course type	Course Overview	Training Date(s)
Laying the Foundations for Mental Health Recommended for all workers Half day (9am-12noon)	Course includes: How to recognise mental health symptoms, how to promote your own mental health and where to find help	Thu 17 Jun 2021 Tue 29 Jun 2021 Wed 7 Jul 2021 Wed 18 Aug 2021
Building on the Foundations for Mental Health Recommended for Managers / Line Managers / Human Resources / Supervisors and Directors Half day (9am-12noon)	Course includes: Help on effective, coherent and consistent ways of recognising the mental wellbeing needs of your staff, how to support staff experiencing issues and emotional resilience	Tue 17 Aug 2021
Mental Health First Aid Recommended for Managers / Human Resources / Supervisors Three half days (9.30am - 1.30pm)	Course includes: The impact of mental health issues, the stigma, early warning signs, how to provide advice, coping strategies and how to seek help	July course 1, 2 & 8 July 2021 August course 25, 26 & 27 Aug 2021

Course Costs: Free for CITB NI registered in-scope employers who have met the eligibility terms and conditions for grants to employers 2020/21. Non Registered, £25 per person for half day.

Course costs are based on rates available to employers who comply with the 2020/21 conditions of CITB NI Grant and are eligible for CITB NI Grant.

For further information contact:

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Events, unless otherwise stated, are open to non CITB NI registered companies but will incur a charge of £25 per person for half day and £40 per person for full day courses



Are you working in construction? Construction employers working in Northern Ireland for 27 weeks or more are legally required to register with CITB NI. Registered employers can claim training grants, access our Mobile Training Unit, Virtual Environment Training VET360, scaffolding training and training support materials such as health & safety booklets, blueprint and online training directory. Find out about these and other services at www.citbni.org.uk. [Click here](#) to find out more about how to register.