

# Supporting mental health is at the foundation of the CITB NI

By Claire Craig

The Construction Industry Training Board (CITB) Northern Ireland has pledged its ongoing commitment to investing in mental health.

Throughout the Covid-19 crisis CITB NI has been working with mental health and wellbeing partners, including the social enterprise Inspire Workplaces, to provide a range of support services for registered employers and

staff and mental health is recognised as one of the key training priorities for the organisation which, over the past few years, has invested over £50,000 in training hundreds of participants in this area.

Since March, CITB NI has worked with Inspire Workplaces to provide services including a 24 hour Confidential Helpline as well as a range of webinars including Stress and Anxiety, Bereavement and loss and Addiction support. Online

webinars and services will continue until the end of 2020 with the hope of extending this support for the industry into 2021.

Supporting CITB NI's mental health training programme, Maria Bradley HR Director from registered employer Gilbert-Ash said: "Removing the stigma around mental health is a challenge for all industries but with this support from CITB NI and coming together as one we are breaking down barriers."



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*Pictured supporting CITB NI's mental health training are (l-r), John Conaghan from Inspire Workplaces, Barry Neilson from CITB NI and Ciara McKeivitt from Gilbert-Ash.*