

CITB NI Training
in Partnership

INSPIRE WORKPLACES: Mental Health Wellbeing Training

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CITB NI have worked with Inspire Workplaces to develop a suite of Mental Health training to meet the the needs of the construction industry. Inspire Workplaces is part of Inspire - an all-island charity that supports people with mental ill health, intellectual disability, autism and addictions to realise their full potential.

Inspire Workplaces provide workplace wellbeing solutions based on best practice via a network of highly skilled and experienced counsellors, consultants and support team. CITB NI and Inspire Workplaces use this expertise to develop and deliver a series of programmes focused solely on the construction industry, helping workers pre and mid the COVID-19 pandemic.

Programmes such as bereavement, addiction support, resilience, time management when home working and stress were delivered to the NI construction industry. At the height of the COVID-19 Pandemic a confidential helpline was set up to help support, help and guide those within the construction sector who needed to talk.

These programmes and short courses have helped the construction industry to invest in mental health training which leads to a more compassionate culture within workplaces, resulting in a more engaged, productive and healthy workforce.

Accessibility to mental health training is key; with construction employees working on site across multiple locations, accessing appropriate and effective support can prove challenging.

In order to reach as many construction employees as possible, Mental Health programmes provided by Inspire Workplaces for the construction industry have been delivered across a range of locations. Prior to the COVID-19 pandemic courses had also been delivered on CITB NI's Mobile Training Unit, which ensured accessibility to as many construction companies as possible across Northern Ireland.

Inspire Workplaces are delighted to work in partnership with CITB NI. We encourage the industry to talk openly about their own mental health, encourage employers to create a culture that supports good mental health and support colleagues and peers to talk openly about their mental health. We look forward to working again with CITB NI in the future to support the local construction industry take care of their mental health.

Did you know...

Since 2010, CITB NI's Training in Partnership Funding has contributed to over 70 projects, in excess of £3 million benefiting more than 4,100 individuals undertaking personal and business development.