The Building Safety Group
Training@BSGltd.co.uk 0300 304 9080

Your partners in health, safety and environmental welfare

Mental Health Awareness
(1 day)

BSG's Mental Health Awareness one day course provides delegates with the knowledge, confidence and ability to identify and support colleagues experiencing mental health issues. And importantly, direct them to suitable professional and non professional sources of help.

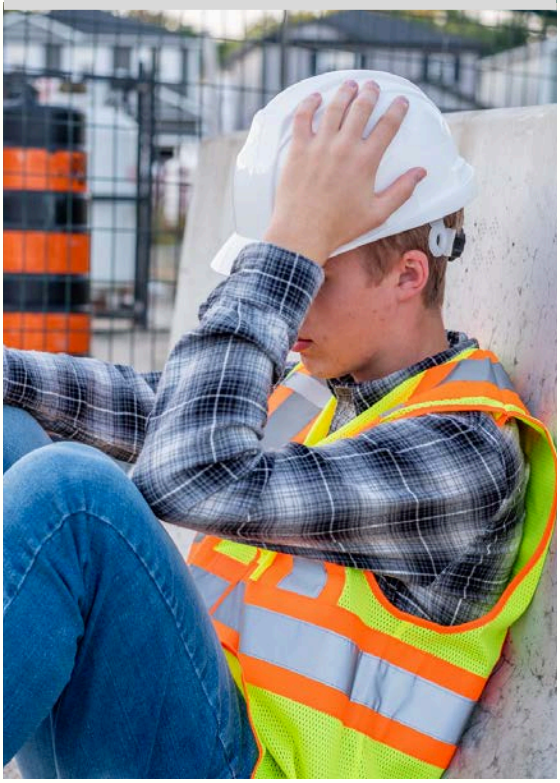
What's the problem?

Male site workers in construction are three times more likely to commit suicide than the average UK male (Office of National Statistics). 1 in 4 will experience a mental health problem every year (MIND). 34% of construction workers surveyed have experienced a mental health condition in the last 12 months (Randstad). Construction workers are six times more likely to die from suicide than a fall from height (Samaritans)

What we offer

- Occupational Health Services
- Regular Site Inspections
- Site Inspection Reports
- Non-Compliance Reporting
- Accident Reporting
- CDM Compliancy
- Risk Management Tools
- Annual Health Check
- Accident Investigation
- Training Courses
- SSIP Assistance
- Member Helpline
- Toolbox Talks
- Health and Safety Audits
- Annual Office Inspections
- Environmental advice
- UK Coverage
- Online Accident Statistics
- Dedicated Safety Advisers

Mental Health Awareness (1 day)



By the end of this course, BSG students will be able to:

• Spot the early signs of a mental health problem
• Feel confident offering help to someone experiencing a problem
• Provide help on a first aid basis
• Help prevent someone from hurting themselves and others
• Help to stop a mental health problem from getting worse
• Help someone recover faster
• Guide someone towards the right support
• Reduce the stigma of mental health problems
• Gain an understanding of stress and its causes
• Appreciate causes of phobias and how you can manage them
• Understand the common triggers of poor mental health
• The importance of creating a Wellbeing Action Plan at work
• Become aware of the options for external mental health management

About BSG

The Building Safety Group (BSG) is a not-for-profit organisation which specialises in providing Health, Safety and Environmental consultancy and training for the construction industry. BSG has over 800 members operating across 3500 workplaces throughout the UK.
We conduct over 15,000 site inspections every year and train more than 10,000 construction workers.

The Building Safety Group Ltd
5 Pinkers Court, Briarlands Office Park
Gloucester Road, Rudgeway, Bristol BS35 3QH
Enquiries@BSGltd.co.uk | BSGltd.co.uk | 0300 304 9050

What our clients say about us

“BSG are clearly experts in Health and Safety training for the construction industry.”
CTS

“As I was pretty new to the role, my knowledge was limited but after taking the BSG course I feel very confident I will be able to positively move on in my position. I have learnt a massive amount.”
Prodeck Fixing Ltd

“I learnt a lot about disciplines I previously knew nothing about. Learnt new regs and reinforced my previous knowledge.”
Mirage Interiors

Need a course at your organisation?

If you have a group of 6 or more employees requiring training, we can run courses on a private basis, at a venue of your choice on a date that suits you. We can tailor the course to meet your needs and requirements. Contact us to find out more and get a bespoke quote.

How to book

Book your place by calling our Training Services Team on 0300 304 9080 or email Training@BSGltd.co.uk with your enquiry.

The Building Safety Group Ltd
5 Pinkers Court, Briarlands Office Park
Gloucester Road, Rudgeway, Bristol BS35 3QH
Enquiries@BSGltd.co.uk | BSGltd.co.uk | 0300 304 9050