



Safety Reboot

Mental Health

Discussion Aid



This discussion aid has been developed to assist the person facilitating the Safety Reboot discussion on Mental Health. It provides pointers to get conversation going and is not a full explanation of all health and safety requirements related to this subject and should not be relied on as such.

1. Are you aware that the third Monday in January is Blue Monday, what is Blue Monday and why is it named that??
Blue Monday is the 'most depressing day of the year'. Not scientifically proven but considers many factors including weather/debt/low motivation for new year resolutions etc.
2. What don't we like about January?
Bad weather, dark mornings/evenings, post-Christmas blues, debt, credit card bills, pressure of new year's resolutions.
3. What are good things about January?
Opportunities & excitement about new year, making plans, booking a holiday, lighter nights not far away.
4. What could you do to keep yourself mentally & physically well for 2024?
Set realistic goals, learn the 5 Steps to Wellbeing, exercise more, learn a new skill, volunteer.
5. Are there any mood enhancing tips you can think of to share with others; how do you banish the blues??
Smile/keep busy/talk to someone/learn new skills/mindfulness/volunteering. Get a buddy to keep you motivated, focus on positives.
6. What additional mental health pressures do you think people have nowadays? Would anyone like to share an example??
Financial/business worries, loneliness, elderly relatives, new technologies, drugs, alcohol, gambling, social media, sexual orientation.
7. Would you know how to seek help for any of these types of worries or problems?
Guide to services in Northern Ireland.
[Belfast area card 2020.pdf](#) [Southern area card 2020.pdf](#)
[Northern area card 2020.pdf](#) [Western area card 2020.pdf](#)
[SouthEastern area card 2020.pdf](#)
8. Would you talk to someone if you had mental health concerns? Do you know where to look for mental health support? Do you know who to speak to on this site (name mental health first aider if there is one) and can you name 3 mental health organisations?
 - **Yes –stigma reducing, easier to discuss mental health difficulties.**
 - **Generally worrying about low mood, visit GP as the first point of support.**
 - **If you are in distress, contact Samaritans or Lifeline or Lighthouse Club helpline.**
 - **Other resources available including Building Mental Health Alliance signposting service.**
9. Did you know that with the Building Mental Health Alliance QR code, you are only 2 clicks away from help?
 - **BMHA has direct links to the three 24/7 helplines- Samaritans, Lifeline and the Lighthouse Club.**

- The website also has links to lots of other local charities/organisation that can provide support on issues such as anxiety, depression, suicide, addictions, financial worries, support for individuals and their families, friends and colleagues.
10. Are you aware the Lighthouse Club is the only charity that is 100% dedicated to the emotional, physical and financial wellbeing of construction workers and their families?
- The Lighthouse Club is a fantastic charity supporting construction workers. Resources include:
- A helpline and textline offering 24/7 confidential support on a range of emotional, financial & physical issues.
 - Free training from their Wellbeing Academy.
 - The Make It Visible tour which visits sites to encourage workers to focus on these issues.
11. How would you recognise someone may be struggling?
- E.g. unusually quiet, withdrawn, missing work, change in appearance, change in attitude, drinking, drugs etc.
 - Symptoms of depression include an unusually sad mood that doesn't go away, loss of enjoyment/interest in activities that used to be enjoyable, tiredness & lack of energy.
12. What would you do if you thought someone was struggling?
- Ask them how they are, if they are ok.
 - Don't take the first answer as people generally need a bit of supportive probing.
 - Always listen and try to get a confidential space to open the conversation.
13. Do you feel that it's ok and indeed beneficial to talk about mental health? What would prevent you from speaking up about poor mental health?
- It is beneficial - well documented how important it is to talk about your feelings.
 - Stigma surrounding it, not being taken seriously but this is changing across society.
14. What would you consider good ways to promote mental health?
- The 5 ways to wellbeing. Connect, be active, take notice, learn, give.
 - Also promoting a culture where it is ok to say I'm not ok.
 - Consider programmes and initiatives to build awareness of signs and symptoms and the courses of support.
 - Get employees engaged in a site level anti-stigma campaign.