

New Campaign Aims to Save the Lives of Construction Workers

Recent studies suggest that one in four people each year have a mental health issue. With 1.6 million people working on building sites every day in the UK and a further million people in supporting jobs, this equates to around 650,000 people in the construction sector dealing with mental health problems.

Official figures from the Office for National Statistics show there were 454 suicides in the construction sector in 2016.

In light of this, a new campaign has been launched which aims to help save the lives of construction workers, struggling with stress, anxiety and depression. The Lighthouse Construction Industry Charity has launched the 'Save a Life' campaign to raise funds for its 24/7 industry helpline and other work to support those working in the sector.

According to the charity, of the 1,500 calls received by its helpline last year, 1,100 wanted advice and support on issues including stress and depression. All the case handlers on the helpline are trained in mental health first aid and can provide access to professional counsellors. The charity also supported 400 families last year with £735,000 of financial aid.

The charity's Chief Executive states that "By ensuring that every one of our construction workers know where to turn to in times of need, businesses can make a real difference to people's lives and help eradicate these horrific figures".

Source: SHP

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