

Mental health and wellbeing

About 5 minutes · Read it out, then ask the questions at the end.

Why it matters. Mental health matters as much as physical safety. Pressure, long hours and time away from home can affect anyone. Talking helps.

The hazards

- Stress and long hours
- Money, relationship or family worries
- Isolation and working away
- Drink or drugs used to cope

Stay safe

- Look out for changes in a colleague: quieter, withdrawn, irritable or not themselves
- Ask how they are, then ask again
- Listen without judging
- Point them to support: your manager, a mental health first aider or their GP
- Samaritans are free and available 24 hours a day on 116 123
- If someone is in immediate danger, call 999

Ask the team

1. Who are the mental health first aiders here?
2. What signs might show a mate is struggling?
3. How would you start that conversation?

The law and guidance

Health and Safety at Work etc. Act 1974; Management of Health and Safety at Work Regulations 1999.

General guidance to help you give a toolbox talk. It doesn't replace your site's risk assessments, method statements, permits or training. Check it against your own site rules before you give it.

Free toolbox talk from EW Group, 110V site temps specialists. www.ewgroup.co.uk · Bristol 0117 982 0005 · London 020 7476 0001

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Site: _____ Date: _____

Given by: _____ Company: _____

By signing, I confirm I attended this toolbox talk and understood it.

Name (print)	Company	Signature	Time

Keep this record with your site's training and briefing records.