

CEF CONSTRUCTION
EMPLOYERS
FEDERATION

**SAFETY
REBOOT**



What is Safety Reboot?



The CEF's Safety Reboot initiative is running throughout January 2024



The aim is to refocus on key areas of health and safety



Stop what you are doing, gather with colleagues in groups



Take 15 minutes to discuss the chosen topic using the following questions as a guide



Share your pictures on social media #safetyreboot2024

Mental Health: Introduction

- We are all back to work after our Christmas/ holiday break.
- We will have mixed feelings about being back with the cold weather, dark mornings, post Christmas blues, maybe dreading the credit card bill, overindulged on the quality street.
- So lets get together and share our thoughts and feelings and talk a bit about our mental health and wellbeing- it's good to talk!



Are you aware that the 3rd Monday in January is Blue Monday; what is Blue Monday and why is it named that?



What don't we like
about January?



What are good things about January?



What could you do to keep yourself mentally and physically well for 2024?



Are there any mood enhancing tips you can think of to share with others; how do you banish the blues?



What additional mental health pressures do you think people have nowadays?

Would anyone like to share an example?



Would you know how to seek help for any of these types of worries or problems?



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 possible) and can you name 3 mental health organisations?



Did you know that with the Building Mental Health Alliance QR code you are only 2 clicks away from help?



**Building
Mental Health
Alliance**



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?



How would you
recognise someone
might be
struggling?



What would you do
if you thought
someone was
struggling?



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?



What would you consider good ways to promote good mental health?



Thanks for
getting
involved.

Remember to
use what you
have learned
today



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