



In partnership with



Spotlight on... mental health

1 in 4 people will experience
a mental health problem in
any given year.

Let's end the stigma.

Helplines:

Mind **0300 123 3393**

Construction Industry
Helpline **0345 605 1956**

Samaritans **116 123**

Mates in Mind raise
awareness, address the
stigma of poor mental health
and aim to improve positive
mental wellbeing in the
UK construction industry

matesinmind.org

Improving the image of construction