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World Suicide Prevention Day: Tuesday 10th September

There were almost 6000 suicides registered in the UK, with men accounting for 75%. This annual event aims to raise awareness about preventing suicides across the globe.

Workers in construction are at some of the highest risk of suicide in the country, with a risk more than 3 times higher than the national average.

Suicide can affect any profession and any business and its time to talk.

Well Being and Mental Health issues have been at the forefront of policies and discussions for many employers in the past few years. The legal requirement to manage the health (including mental health) and safety of employees has always been in place however the focus has shifted considerably. Employees are your most valuable asset. You should want to look after them. There is a moral case, but also a growing awareness of a strong business case which demonstrates that prevention needs to be at the heart of changes to company culture which employers wish to make.

Trying to explain suicide is complex as it is likely that a number of factors act together to increase risk, including some job-related features.

It is for this reason employers can play a critical role in helping to prevent suicides.

By creating an open and inclusive culture, employers can empower their workforces to have difficult but important conversations about mental health and suicide.

If a workforce is supported with the awareness and understanding of how and where they can get support, in an environment where they do not feel judged or restricted by stigma, they will feel more able to get the support they need.

SOCOTEC are delivering a 2 day Mental Health First Aid course in Northamptonshire on 9 and 10 October 2019. Contact salesuk@socotec.com for more information.

SOCOTEC recognises the fantastic support work being done by organisations such as Mates In Mind, who are providing support packs to aid employers deal with this upsetting but all too common issue.

support@matesinmind.org
020 3510 5018
Construction Industry Helpline: 0345 605 1956
Samaritans: 116 123