



“Let’s Talk Health”

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What is Build Health?

BuildHealth is a major health initiative for the Northern Ireland construction industry and was launched in March 2007. Spearheaded by leading construction companies and with support from the Health and Safety Executive for Northern Ireland, employer organisations and the trade unions, the initiative aims to improve awareness of health issues in construction and of how these can be managed effectively.

The overall objective of the initiative is to improve the health of construction workers by preventing work related ill health, supporting and rehabilitating ill workers and using the workplace as a setting in which to improve Construction Industry Health and Safety.

What is Lets talk health?



BuildHealth
"Let's Talk Health" initiative
is running during week
commencing
18th October 2021



The aim is to
refocus on key areas
of occupational health



Stop what you are doing,
gather with colleagues in
socially distanced groups



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



Share your pictures on
social media
#letstalkhealth



MENTAL HEALTH

Introduction

It has certainly been another tough year, a lot of extra demands on our time, home life, and work?

A lot of us have become home teachers, in addition to our normal job.

Some of us have had to self-isolate, and/or cope with Covid symptoms.

The very real fall out of dealing with Covid 19 has put pressure on our mental health.

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What do we understand about the term mental health ?

The 2 pictures show different people, both are suffering with their health.



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How can we help
the person with
poor mental
health ?



What does poor mental health look like and if people, put on 'a front' how do we help ?



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Although difficult to identify,
how would we recognise
someone struggling with their
mental health?



If we recognise
someone with poor
mental health, what
does that mean?



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If we recognise
someone
potentially
struggling what do
we do?



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If someone needs
help, will we be
able to help?

Where do I find
information of
suitable
organisations that
will help?

”

A large, white, stylized speech bubble graphic is positioned on the right side of the slide. It has a rounded, irregular shape with a small tail pointing towards the top right. The bubble is set against a teal background. Inside the bubble, there is a large yellow quotation mark.



“Let’s Talk Health”

What happens after
this talk and what do
we put in place?