



Mates in Mind is a charitable programme targeting over two million people in the construction sector. Our programme supports and promotes positive mental health, developing awareness and understanding of mental health and wellbeing.

**Be part of the action! We offer:**

- ▶ A better understanding of mental health issues in the workplace
- ▶ Integrated programmes tailored to your needs
- ▶ A partnership approach with leading UK mental health organisations
- ▶ Course modules targeting operative, supervisor and further management levels
- ▶ Training consistent across the sector
- ▶ Campaigns and materials to support on-site

For more information: [www.matesinmind.org](http://www.matesinmind.org)



## Supporting mental health in construction – be part of the action

We know the pressures in construction and we know that people are people, wherever and wherever they are. Life changes and families, friends and workers in construction all need a helping hand from time to time.

**Mates in Mind** is a charitable programme to improve and promote positive mental health in construction. We provide programmes with our partners promoting awareness and understanding of Mental Health tailored to the needs of construction.

**Find out how we can help you and your organisation.**

[www.matesinmind.org](http://www.matesinmind.org)

health in  
CONSTRUCTION  
leadership group

