

# MENTAL HEALTH IN THE CONSTRUCTION INDUSTRY

A program to help prevent and deal with issues of increased anxiety and depression in your industry.



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ACCIDENTS



# ANXIETY AND DEPRESSION IN THE CONSTRUCTION INDUSTRY

Globally and in New Zealand the construction industry has the highest incidences of mental health issues and suicides than any other industry.

The causes are relatively well understood but the services to prevent and treat anxiety and depression are not extensive. For construction workers, the causes are often related to years of hard physical exertion and pain, intense pressure to meet deadlines, exposure to risky and often dangerous situations, adapting to ever changing health and safety regulations, seasonal work, fragmented income and often working in isolation.

For architects, engineers and project managers the mental health triggers can be similar but are also related to high workloads, budget pressures, continuously adapting to building regulations, tight project schedules, financial risk, failure to deliver resulting in humiliation and shame.

# MEN ARE FOUR TIMES MORE LIKELY THAN WOMEN TO DIE FROM SUICIDE



# ANXIETY AND DEPRESSION, THE FACTS:

- The construction industry has the highest level amongst all industry categories of people lost annually to suicide.
- One in four people working with you in the construction industry is experiencing some form of mental illness.
- Not only is there a profound human cost, there is also loss of economic strength as companies wrestle with absenteeism, presenteeism and loss of productivity.
- The industry loses around four times as many very good people every year to suicide as it does to workplace accidents.
- Men are four times more likely than women to die from suicide
- Working age men between 25 - 54 years old account for the largest number of suicide deaths
- The cost of one suicide to a company can be as high as \$140,000.

Despite our understanding of the causes, there is a scarcity of help and support for people who are suffering from anxiety and depression in the construction industry. In addition, a 'blokey' culture of fearlessness, stoicism and recklessness often prevents them from seeking help or discussing their issues with family, friends or colleagues. On many occasions this also leads to alcohol and substance abuse.

# OVERCOMING THE CULTURE OF THE 'FEARLESS STOIC' MALE

Preventing the consequences of anxiety and depression begins with talking, and breaking down the stigma associated with mental health.



Since 1983 Anxiety NZ Trust has been helping the one in four Kiwis who experience anxiety, panic attacks, OCD, phobias and depression.

## OUR MISSION

Anxiety New Zealand Trust's goal is to help all New Zealanders experience recovery from anxiety and depression. Our clinically-proven treatment has helped thousands of New Zealanders to reach their goals, reduce or resolve anxiety or depression.

In many cases Anxiety NZ is a service that stands between vulnerable people experiencing negative or dire health outcomes. We are a not-for-profit self-funded charity, relying on grants and sponsorship to keep our services functioning.

# SEEKING HELP WHETHER AN INDIVIDUAL OR COMPANY IS THE FIRST VITAL STEP



We're establishing collaborative partnerships with leading businesses within the New Zealand construction industry to address core issues with anxiety, depression and suicide.

## WHAT WE OFFER

There is an urgent need for our services in the construction industry and we are already working with several corporations and government agencies by providing our services in exchange for funding.

We can advise on what changes you can make to help prevent increased anxiety in the first place. However in many cases prevention may be too late and treatment may be the only option. Anxiety NZ can provide a range of proven treatment services for anxiety, depression to help avoid the often serious consequences that can result from mental health issues.

Anxiety NZ have devised a series of programs to help organisations recognise anxiety amongst employees and provide them with help and treatment.

## SPONSORSHIP

In exchange sponsorship, we provide a range of services for your employees and we have outlined the services we offer for a set amount. However we are entirely flexible, and if you feel you need a tailored program for your company, we will be happy to discuss this with you further and devise a bespoke range services to suit your requirements.

### **For any level of sponsorship we provide the following essentials:**

- An initial talk to your employees by one of our qualified clinical psychologists on the warning signs and effects of increased anxiety in the workplace. Importantly, we highlight the potential number of people in the room who may already be suffering as this will begin the essential process of allowing people to talk about the issue.
- We will also provide you or your Culture and HR departments with collateral alerting employees to the confidential ways they can get in touch with us.



## SUPPORT PROGRAM

**Below is a list of support services we can offer. We can tailor the services to suit your company and requirements:**

- Bi-monthly training workshops led by an experienced psychologist specialising in managing stress, building resilience and emotional intelligence - or on other topics depending on need (6 workshops over one year each can be 1 hour to half day long at your location or at Anxiety NZ).
- Consultant advisory meetings with a specialist mental health psychologist or GP by phone or at our St Lukes Clinic. Ideal for managers or executives to have a psychologist on call when needing insight or advice from a clinical, best practice and risk management perspective.
- Mindfulness and Relaxation Workshops – on site at Anxiety NZ, held on one day per week.
- Discounts on all therapeutic services for appropriate referrals provided to your staff over one year.
- Primary Sponsor Placement in all communications, printing and media.
- Your logo and public message of thanks on all emails messages (70,000 per year).
- Your logo and public message of thanks on website (50,000 views).
- News items on a social media posting x 2 (10,000 views).

Please contact us if you would like to discuss creating a bespoke program of support for your and your employees: 09 846 9776

# SUPPORT, TREATMENT AND EDUCATION FOR ANXIETY AND DEPRESSION

## **Anxiety New Zealand Trust**

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