

# [Mental Health Awareness Week: New HSE campaign partners in construction and entertainment](#)

To mark mental health awareness week, the Health and Safety Executive (HSE) welcomes new partners from the construction and entertainment sectors to join its Working Minds campaign.

Running a business in construction can be stressful with long hours and juggling intense workloads.

Meanwhile, the entertainment and leisure sector is a fast-paced and ever-changing industry, with many people self-employed, freelancing, or on short-term contracts. This can lead to uncertainty and unsociable hours.

Around half of all reported work-related ill health in Great Britain is due to stress, depression or anxiety . Whilst the causes can be due to difficult life events, they can also be caused by work-related issues or a combination of both.

In support of the Working Minds campaign, two new partners join the campaign to help promote support available to the construction and entertainment technology industries; The Scaffolding Association and Professional Lighting and Sound Association (Plasa). This takes the number of partners to a total of 35. They will be provided with the tools needed to promote good mental health in the workplace.

Mental health awareness week (13 – 19 May) is a pertinent time to remind employers and managers of the support that is available to help them to prevent work related stress, support good mental health in the workplace and meet their legal obligations to protect workers. Whether work is causing the health issue or aggravating it, employers have a legal responsibility to help their employees.

Elizabeth Goodwill, HSE Work related stress and mental health policy, said: “We spend a lot of time at work, and it can have both positive and negative effects on our mental health.

“We all have periods of good and poor health, both physically and mentally. It’s normal for people to have challenging times and, like any other work-related risk to health, risks to mental health should be included in risk assessments at work.

“Having regular conversations about work related stress and mental health helps to reduce stigma and encourages people to talk about their problems earlier. The earlier an issue is recognised, the sooner action can be taken to reduce or remove it.”

Find out more about the practical resources and support available from [HSE’s](#)

[Working Minds campaign](#) including free online learning where employers can access step by step guidance in one place.

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## **Construction**

Running a business in construction can be stressful with long hours, juggling intense workloads. According to [Mates in Mind](#), workplace stress is being felt like never before within small, micro and sole trader businesses.

The Lighthouse Construction Industry Charity report that the highest number of calls to their helpline were from labourers.

Robert Candy, Scaffolding Association CEO, said: “Celebrating our commitment to mental health and workplace safety, we are proud to support the Health and Safety Executive Working Minds campaign. Working in the scaffolding sector can be challenging with a wide range of pressures that include finding skilled workers, maintaining a pipeline of work, and managing cash flow.

Robert adds: “At the Scaffolding Association, we firmly believe in fostering a culture of well-being and proactive support in the workplace. Through our partnership with the Working Minds campaign, we are reaffirming our dedication to promoting mental health awareness and providing support to our members in the scaffolding sector. Our members are undertaking some inspiring and innovative initiatives in this vital area, and we look forward to continuing our collaborative efforts to prioritise mental health.

## **Help is available**

If you or someone you know needs help or support, reach out and ask how they are feeling and coping.

[Working Minds Construction – Work Right to keep Britain safe](#)

[Every Mind Matters \(NHS\)](#) offers a free personalised Mind Plan for tips and advice to help you look after your mental health. Just answer 5 questions online.

[Mates in Mind charity](#) can provide can also offer advice to organisations through their Supporter Programme or

- individuals can text “BeAMate” to 85258 to access free and confidential mental health support service from trained volunteers.
- download managing and reducing workplace stress [handbook](#).
- Read the blog [How are you really?](#) by former MD, Sarah Meek.

[The Lighthouse Construction Industry Charity](#) provides free support services to any construction worker or their family including;

- 24/7 Construction Industry Helpline, call 0345 605 1956
- Text HARDHAT to 85258 if you’re uncomfortable talking and would rather text

- Free Construction Industry Helpline mobile app.

[Every Mind Matters \(NHS\)](#) offers a free personalised Mind Plan for tips and advice to help you look after your mental health. Just answer 5 questions online.

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## Entertainment

The entertainment and leisure sector is a fast-paced and ever-changing industry, with many people self-employed, freelancing, or on short-term contracts. This can lead to uncertainty and long, unsociable hours.

Nicky Greet, Director PLASA Membership, Skills and Technical said: “PLASA fully supports the HSE Working minds campaign and is proud to be a campaign partner. For any business, people are the most important asset.”

## Help is available

[Entertainment and leisure – Work Right to keep Britain safe](#)

[Every Mind Matters \(NHS\)](#) offers a free personalised Mind Plan for tips and advice to help you look after your mental health. Just answer 5 questions online.

Mental health resources for the entertainment and leisure sector include:

- Film & TV Charity: [Confidential and free support](#) for anyone working behind the scenes in film, TV, or cinema. Support Line 0800 054 0000.
- The Mark Milsome Foundation – [Film and TV Online Safety Passport Course](#) (90 minutes)
- Association of Event Venues – [Heads up: your well-being tool kit](#)
- [Read the Blog from Mig Burgess](#), teacher, Creative Designer, and Production Technician on her summer commitment to learn more about work-related stress. Mig’s also produced a [guidance note](#) for The Association of British Theatre Technicians.