

# Better Mental Health in the Construction Industry

**A free one-day seminar for eligible building and construction industry workers, funded by:**

**CSQ** | STRONGER FUTURES  
IN CONSTRUCTION



**St John**



## Our Aim

**Our aim at St John Qld is to provide a balanced learning opportunity for all eligible building and construction workers throughout Queensland, whether they're located in remote, regional or metropolitan areas.**

## Course Overview

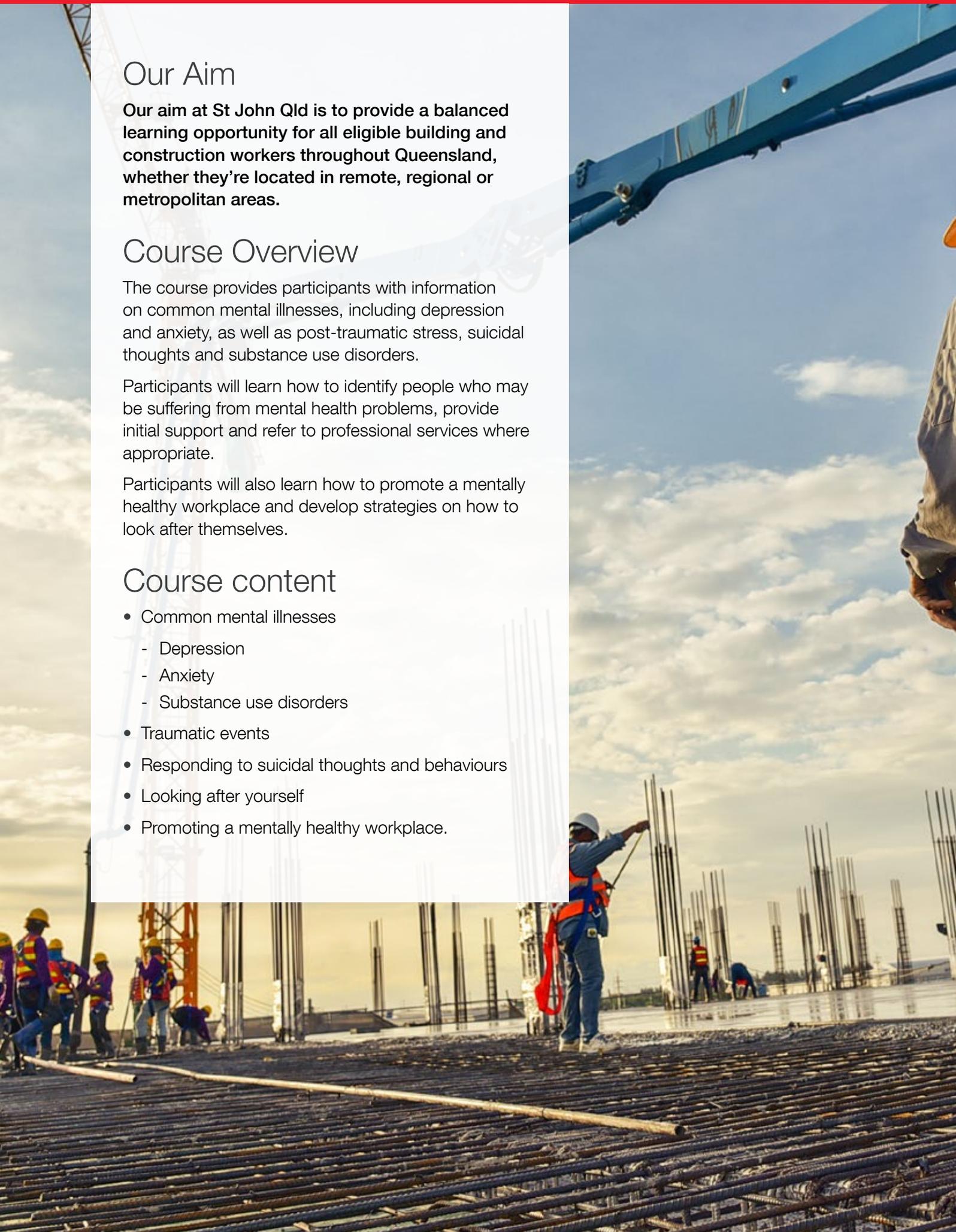
The course provides participants with information on common mental illnesses, including depression and anxiety, as well as post-traumatic stress, suicidal thoughts and substance use disorders.

Participants will learn how to identify people who may be suffering from mental health problems, provide initial support and refer to professional services where appropriate.

Participants will also learn how to promote a mentally healthy workplace and develop strategies on how to look after themselves.

## Course content

- Common mental illnesses
  - Depression
  - Anxiety
  - Substance use disorders
- Traumatic events
- Responding to suicidal thoughts and behaviours
- Looking after yourself
- Promoting a mentally healthy workplace.



# One Day Seminar



## Course Delivery Formats

**Course duration is 7.5 hours delivered face-to-face in a single day, or in four 1 hour 45 minute sessions via webinar (over one or more days).**

In each course, we can take a maximum of 9 participants (subject to social distancing measures) for face-face-face delivery, or up to a maximum of 20 participants via webinar.

The course is delivered by St John Qld facilitators who are accomplished communicators and have considerable experience delivering mental health and wellbeing courses. Coupled with their practical experience, they have a variety of qualifications in mental health, community service and vocational education and training.

Our facilitators all currently hold leadership and training roles within St John Qld.

- **Open-Access Courses** - For eligible individuals, the course can be held in one of our open-access locations with a maximum of 9 participants (subject to social distancing measures). Our venues are based throughout Queensland, ranging from Cairns through to Brisbane. The open-access course can also be run via webinar (as mentioned previously) with up to 20 individual participants.
- **Private Group Sessions** - These sessions are available for eligible employers with up to 20 participants if held via a webinar without the trainer in attendance or for up to 9 participants if the training session is held on-site (subject to social distancing measures).

## Eligibility & Booking Process

Eligibility for attending a course will be assessed as part of the course enrollment process. You will be required to provide evidence of your employment in the building & construction industry within Queensland. Additionally, you will need to be 16+ years of age, have functional English language skills and meet citizenship / residency / visa eligibility criteria.

**Please note:** Each participating organisation is initially eligible for 1 Private Group course booking (limit may be increased based on demand).

Contact us today.

1300 785 646 | [enquiries@stjohnqld.com.au](mailto:enquiries@stjohnqld.com.au)

# Mental illness is a leading cause of disability, death and suffering in Australia.

Each year, approximately one in five Australians suffer symptoms of a common mental illness such as depression or anxiety. Mental illness is also a leading factor in deaths by suicide and suicide attempts.

According to Deakin University, 190 construction workers die by suicide each year across Australia. Additionally, construction workers are 6 times more likely to die by suicide as opposed to an injury in the workplace.<sup>1</sup>

Reasons for high suicide rates and mental illness in the construction industry include - a male-dominant work environment, stigma, financial stress, short term and project based work, long hours, and with FIFO, long periods away from home, working while exposed to the elements, and higher levels of alcohol and substance use.

In the workplace, mental illness is a leading cause of lost productivity not only through time off, but also through the illness causing the worker difficulty in functioning in the workplace.

Untreated mental health conditions cost Australian workplaces approximately \$10.9 billion per year.<sup>2</sup> This staggering figure highlights the prevalence of mental health conditions in society and the need to provide adequate support in the workplace.

For every \$1 that is invested in creating a mentally healthy workplace, there is a \$2.30 positive Return on investment (ROI).<sup>3</sup>

**Learn the skills to identify and assist colleagues who may be experiencing issues with their mental health by completing our Better Mental Health in the Construction Industry course.**

1 MIC 2016, Suicide in the Construction Industry: Report by Deakin University for MATES in Construction

2 TNS 2014, State of Workplace Mental Health in Australia

3 PwC2014, Creating a mentally healthy workplace: return on investment analysis.

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