

Share with PRIDE



Start the Conversation – The Benefits Taking Hold

Start the Conversation was rolled out to all of our Project Staff between February and June of this year. The idea being to highlight that a lot of people go through delicate situation in their lives that can effect their Mental Wellbeing. We asked each member briefed for 2 favours, the first being that if they noticed anyone looking or acting a little differently to either approach them and ask if they are okay or to get some help from another member of the Team if they did not feel confident themselves. The second was to highlight when they themselves were having a bad day and openly talk to people around them to help them through any difficult times they may go through.

We have seen the benefits coming through with staff feeling more confident with approaching situations that have come up over the past few months. The first being at Westcombe Park Station where *one of our Supervisors noticed a woman in a bad way* with an infant on the station platform. The BTP were called and the woman and child were spoke with and taken away somewhere safe by the emergency services. The second was at Hither Green where a Woman was seen sitting on the platform edge. A *Balfour Beatty Supervisor spoke with the woman who admitted that she felt suicidal* and with a little sensitive conversation she was coaxed away from the edge of the platform. The *Deploy PC Monitor on duty assisted in getting the emergency services to site* who arrived to take her to the local hospital. A follow up visit to the hospital to make sure she was okay was also undertaken by the Monitor. These 2 separate incidents are the highlights with many other smaller conversations being held with many members of staff who are starting to become more comfortable in talking about personal issues or life concerns.

Other benefits that have developed is that there are now more obvious methods to get assistance for those still not quite able to talk openly about things going on in their lives with information available at Site Access Points, in Safe Work Packs and in the Wellbeing Room situated at the New Cross Gate Office.

