



Spotlight on...
mental health

CONSIDERATE
CONSTRUCTORS
SCHEME

Case Study: Bouygues UK

Shaping a better life

Bouygues UK have demonstrated their commitment to supporting the welfare of their staff and tackling work related stress through posters providing stress related tips and offering wellbeing helplines for any member of the workforce who may need someone to talk to. These posters are displayed in a prominent location, the canteen, ensuring they can be seen and accessed by every member of staff.



These posters are accompanied by a friendly reminder that the site managers door is always open, encouraging the workforce to come and speak to them if they are experiencing any issues, or simply would like to talk.

The site team has established a good relationship with the workforce and make this a priority on site to reinforce this good relationship on a daily basis. This helps to ensure good communication between management and staff, making sure the conversations are not only about work but also about 'out of work' issues.

In future, Bouygues UK are planning to implement the following:

- Inviting a specialist to talk about the subject of mental health, to raise awareness of the issues surrounding mental health, the common causes and ways to support and prevent mental health problems.
- A quiet room is going to be implemented on site, to give workers the opportunity to get away from the busy construction site and take a few moments for themselves to relax and reflect.
- An area will be provided on site where employees can play, providing games such as, a foosball table, cards and board games, to provide a space where people can get away from the stress of work and relax with fellow colleagues.
- Work in partnership with their client to provide access to their pitches during holiday season and after hours, so that the workforce have the opportunity to take part in sport activities.