



Spotlight on...  
mental health

CONSIDERATE  
CONSTRUCTORS  
SCHEME

## Case Study: Jehu Group Ltd Wellbeing Toolbox Talks

Jehu Group Ltd have identified the stresses those in the construction industry face on a day to day basis and have addressed these issues through Toolbox talks, which cover a variety of health issues as part of their Wellperson programme.

The site was closely involved in the Cardiff and Vale Employers Health network. Through this network, the site was able to make a number of contacts for visiting speakers, who came to the site to deliver early morning talks to two groups of site staff, who were predominately male aged 18-50 years old. The topics covered included, prostate cancer, heart disease and mental health issues.

The site organised for a speaker from MIND to visit and discuss the issues surrounding mental health, considering topics such as, types of mental health problems, advice on how to seek help and look after your own wellbeing and also tips on supporting someone suffering from mental health problems. The aim of this Toolbox talk was to improve employees understanding of mental health issues, dispel common misconceptions and stigmas associated with mental health and encourage the workforce to look after their own wellbeing. Leaflets were also distributed to the workforce with the remainder displayed on the staff noticeboard in the canteen, so that employees can easily access information regarding mental health, if they need to.

Jehu Group Ltd has gone a step further to help support their employees and discourage the stigmas attached to experiencing mental health problems, through their staff involvement in a team triathlon for MIND Cymru. The event was a team effort made by staff that raised over £3000 for MIND Cymru.

Not only did they support MIND's efforts nationally, but they have also used this opportunity to raise awareness and promote understanding of the issues surrounding mental health to their workforce.

In addition, a member of Jehu staff, currently studying for a Construction management degree, has chosen mental health issues as a staff survey topic for part of his course dissertation.

