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| **Contributor:**  **Edel Corrigan Group HSQE Manager (Flynn )** |
| FlynnEdel Corrigan  Some days, we wake up feeling content with life, confident and relaxed, looking forward to meeting friends and getting on with things. Other days, we wake up feeling down, dreading the day, not wanting to get up and face things. It's normal to have both good days and bad days!  We all have good days and bad days. Learn how to stay positive and mind your mental health. |
| **Mental Health & Wellbeing** |
| Here are some little things that can make a big difference to our mental health and wellbeing:   * **Keeping active**: Being active every day, even something as simple as a walk, can have a positive impact on your mood. * **Talking about your problems:** Problems feel smaller when shared with others. Just talking about it will do you good. * **Looking out for others**: Lending an ear to someone in trouble or catching up with someone who seems distant can change their day or their life. Just listening is a huge help. * **Doing things with others**: Taking part in a group activity you enjoy, like a game of football, joining a choir, or volunteering, can positively impact how you feel. * **Eating healthily**: A regular, healthy, balanced, and nutritious diet will help both your physical and mental health. * **Staying in touch**: Catching up with friends and family is good for our mental health, reminding us that we're part of a community. * **Drinking less alcohol**: Reducing alcohol consumption can positively impact your health and mental wellbeing, making it easier to cope with day-to-day difficulties and stresses. * **Sleeping well:** Getting a good night's sleep of 7 or 8 hours, as often as you can, will positively impact how you feel. Protect your sleep if you can; it will do you good.    Talking about your feelings with friends or family can be really tough. You might worry about upsetting them or feel nervous about how they'll react and how it might affect your relationships.   You might find it easier to open up to friends or family rather than professionals, or maybe you prefer talking to a professional like your doctor first. There's no right or wrong way to do it. But the people closest to us can often be a valuable source of support. When you're ready, here are some tips to help you start the conversation if you need to:   * Find a way to communicate that feels right for you. This could be a face-to-face chat, a phone call, or even writing down your feelings in a letter. * Choose a suitable time and place. While there may not be a perfect time, it helps if you're somewhere quiet and comfortable where you won't be disturbed for a while. * Practice what you want to say. You could do this in your head or make some notes. Phrases like "I've not been feeling like myself lately" or "I'm finding it hard to cope at the moment" might help you get started. * Offer relevant information and examples. If you've found a useful description in a book or online, or seen someone on TV or in a film saying something that resonates with you, use it to help explain what you're experiencing. * Be honest and open. Sharing something so personal can be uncomfortable but explaining how your feelings are affecting your life may help others understand. * Suggest ways they can help. This might just be listening and offering emotional support, or there may be practical help you need. * Don't expect too much from one conversation. Understanding mental health problems can take time, and some people may be shocked or react badly at first. Give them some time to process what you've told them. * Plan to revisit the conversation. This gives you more opportunities to explain what you're going through.    If you or someone you know is emotionally distressed or in crisis, the most important first step is to talk. Begin a conversation with a friend, family member, health professional, or support service. Advice and effective tools are available. Talking, listening, and being there for someone finding it tough can be lifesaving. Check in if you know someone is going through a difficult time. Ask if they are doing okay and be prepared to listen. If you or someone you know is at risk, contact your local crisis or emergency services. To speak with someone immediately you can contact:  ·       **Lighthouse Construction Charity 1800939122**  **·       Pieta House on 1800 247 247**  **·       Samaritans on 116 123.**  Aware has a support line for anyone worried about depression, which operates from 10 am to 10 pm, seven days a week. Remember, if you are feeling low - you are not alone! There are many people and organizations out there who will do their utmost to get you the help you need.  **The Lighthouse Construction Charity has numerous services and supports available to help support you and your family**. **All services are free and confidential.**  **Helpline Services**  The helpline offers free and confidential support and advice on various wellbeing issues. Expert advisors provide a listening ear and can direct you to additional support if needed. Specialist caseworkers are available to assist with complex and multiple issues, working with third-party organizations to ensure comprehensive support. **ROI:** 1800 939 122  **Live Web Chat Service**provides real-time wellbeing support from helpline advisors, ensuring complete privacy. It offers the choice to chat in over 100 languages and is available Monday to Friday from 9am to 6pm.  **Text HARDHAT Service**The text ‘HARDHAT’ service is designed for those who feel uncomfortable speaking on the phone or find it difficult to find a place and time to talk. It provides one-to-one support on emotional wellbeing issues and can direct you to further specialist support if needed. **ROI:** Text HARDHAT to 50808.  **Self Support App**The free app is a comprehensive self-help tool that offers advice on various conditions and issues, self-assessment tools, coping strategies, and access to expert advice and support. It is available for download on iOS and Android.  **Lighthouse Beacons**are safe spaces offering hope, safety, and support in a confidential and non-judgemental environment. They provide an opportunity to meet like-minded people and share problems. Groups can be face-to-face, virtual, or centered around common activities such as sports.  **Critical Incident Support**In case of an accident or suicide at your site or workplace, the critical response team coordinates the appropriate level of response and provides immediate specialist trauma support. Follow-up visits ensure that everyone affected by the incident receives support and can access specialist trauma therapy or counselling if necessary. |