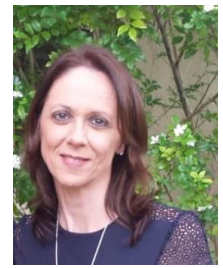


# January '23 TOOLBOX TALK – ‘Mental Health & Self Care’

## Contributor:

“At Coffey, we place a high priority on the physical safety, health, and mental well-being of our employees. We have implemented a Health and Wellbeing Programme that includes an Employee Assistance Programme (EAP) and have trained members of the Health, Safety, Quality, and Environment (HSQE) and Human Resources (HR) teams, as well as others, in Mental Health First Aid to provide support and assistance to our employees so they can be the best possible versions of themselves” (*Niamh McNulty, HSQE Manager, Coffey*).



## Description:

### What is Mental Health?

The World Health Organisation defines health as **“A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Mental health is a state of well-being in which every individual realises their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community.”**

Poor mental health and wellbeing includes a range of illnesses from common issues such as abuse of intoxicants, depression, stress and anxiety to some that are less common, such as bipolar and schizophrenia disorders. Most episodes of mental ill health are short lived. With the correct and timely support, those experiencing an episode can still live meaningful and satisfying lives.

*First Aid is the help given to a person who is ill or injured before professional medical treatment can be obtained. Mental Health First Aid is the help offered to a person developing a mental health issue, experiencing a worsening of an existing mental health issue or in a mental health crisis.* Members of the Coffey HSQE Team, our HR Manager and others at Coffey previously completed Mental Health First Aid training

## Some self-care tips/strategies include:

- Maintain your friendships.
- Try to get regular exercise.
- Try to keep a balanced diet.
- Try to get good quality sleep.
- Plan something to look forward to, whether that’s a trip with your friends or an outing.
- Ask for help and accept it when it is offered.
- Try to spend some quality time for yourself, away from the usual demands, even if it’s just 15 minutes a day.
- Regularly engage in an activity that you find relaxing, whether it’s gardening, listening to music etc. Schedule it into your daily routine so that it becomes a natural part of your life.

## Support and confidential helplines:

There is a host of resources available to us for support, if needed. Some of these are listed here, including the Construction Industry Helpline and Wellbeing App.

**The free App offers a huge variety of support, self-learning and signposting to over 3,000 accredited support services.**

<https://www.constructionindustryhelpline.com/app.html>

(For those briefing out this content, please tell everyone that this document with relevant numbers will be on notice boards).



**Samaritans** (*dedicated to reducing feelings of isolation and disconnection that can lead to suicide*)  
Free call: 116 123 (24 hours/day). Email: [jo@samaritans.ie](mailto:jo@samaritans.ie)



**Aware** (*supporting light through depression*)  
Free call: 1800 80 48 48 (Mon-Sun 10am-10pm). Email: [supportmail@aware.ie](mailto:supportmail@aware.ie)



**Pieta House** (*preventing suicide and self harm*)  
Free call: 1800 247 247 (24 hours/day). Or text HELP to 51444. Email: [mary@pieta.ie](mailto:mary@pieta.ie)