



Early Warning Signs Of Mental Health Issues

Mental illness can affect anyone at any time in their life. Up to **40%** of people admit having struggled with mental health issues in the past year. Even one in four workers have experienced mental health issues in the construction industry, with the most common disorders being depression, anxiety, and substance use disorder.

What to look out for?

If you notice sign of mental illness in yourself or someone in your environment, it is best to get advice and help as soon as possible. Most mental illnesses don't improve on their own and, if untreated, can cause serious problems.



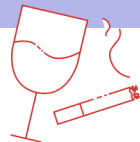
Emotional Instability

- Constant worrying
- Overwhelming fear and anxiety
- No interest in day-to-day activities
- Loss of interest in things you used to enjoy
- Low mood lasting longer than two weeks
- Difficulty in controlling emotions
- Experiencing extreme mood swings
- Irritability and short temper



Physical Symptoms

- Drastic weight and appetite change
- Frequent headaches, stomach, and muscle pains
- Unexplained physical symptoms
- Trouble falling asleep and/or staying asleep
- Tiredness and lack of energy



Behaviour Changes

- Aggression
- Drug or alcohol abuse
- Withdrawal from close family and friends
- Avoiding social activities



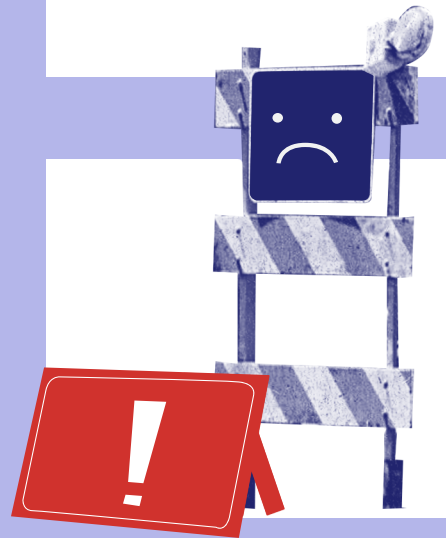
Cognitive Impairments

- Difficulty concentrating
- Being easily distracted
- Inability to make a decision
- Feelings of "slowed" thinking



Self-harm

- Self-injury
- Reckless behaviour that could lead to injury
- Thoughts and talks of suicide



What to do?

Do some research about mental health conditions to see if you recognize any of the symptoms – You can use the NHS page on mental illnesses:

<https://www.nhs.uk/mental-health/conditions/>

Speak to a family member or trusted friend about your feelings, thoughts and behaviours.

Visit your local doctor or a mental health professional for an assessment and advice.

Get supporting counselling for dealing with everyday life.

Monitor your conditions to know if you need more intensive care.

Five ways to good mental health

according to NHS

1 Connect with others

2 Be physically active

3 Learn new skills

4 Give to others

5 Be mindful (stay in the present moment)

More resources



On mental health in the construction industry – **Building Mental Health** – 5 steps to building successful Mental Health culture in your workplace:
<https://www.buildingmentalhealth.net/5-steps.html>



Samaritans' lifeline (UK)
call for free on 116 123 or email them at jo@samaritans.org



National Suicide Prevention Lifeline for USA
1-800-273-8255



Crisis Text Line (USA)
text **HOME** to 741 741 at any time to speak to a trained counsellor



Suicide Crisis Line for SOUTH AFRICA
Call 567 567 0800 567 567 or SMS 31393



National Committee for the Promotion of Mental Health in the UNITED ARAB EMIRATES
call 920033360

If there is a life threat, please call the emergency number!