

Newsletter

Free Mental Health Toolbox Talks for Construction

Over the last few months, I've been working on something behind the scenes that I'm genuinely really proud to finally share. We've created 20 brand new mental health toolbox talks for construction, completely free of charge.

Ten have been created specifically for construction companies and their teams and another ten have been created specifically for colleges, universities, apprenticeship providers and other educational organisations supporting the next generation coming into our industry.

And yes... all twenty are free.

I could probably have put a price on them. We've spent a lot of time researching, writing, reviewing and making sure each one is practical, relevant and actually sounds like something you'd want to listen to rather than another piece of paperwork being read out before everyone signs a sheet and gets back to work.

But that wasn't really the point.

The whole reason Onward Shift exists is to help construction, one conversation at a time.

If giving a site manager, lecturer, tutor or wellbeing lead something they can pick up tomorrow and use to start a meaningful conversation that helps even one person, then I'd rather these talks were free and being used than sitting behind a paywall.

For construction companies, we've created ten talks covering Mental Health in Construction, Mental vs Physical Fatigue, Daily Habits for Better Mental Health, Burnout, Financial Pressure, Loneliness and Isolation, Alcohol, Anger and Irritability, Grief and Loss and Neurodiversity on Site.

They're around 15 minutes each and have been written with construction in mind. They talk about situations people in our industry can actually recognise, whether that's working away from home, feeling completely mentally drained after a long day, struggling financially or noticing that frustration is starting to follow you home.

Access them here: [Construction Toolbox Talks](#)

But I also wanted us to go one step further. If we're serious about changing mental health within construction, I don't think we can wait until someone has been working in the industry for ten or twenty years before we start these conversations.

We need to start earlier.

That's why we've created another ten talks specifically for construction students, apprentices and learners. These cover Understanding Your Mental Health, Managing Stress Before It Builds Up, Confidence and Comparison, Mistakes and Setbacks, Construction Banter, Workplace Culture, Sleep and Fatigue, Money Worries, Asking for Help and Fitting In Without Losing Yourself.

Some of those subjects might sound simple, but think back to when you first entered construction. Did anyone talk to you about how to handle criticism? What healthy banter actually looks like? How to speak up when the culture around you doesn't feel right? How to deal with feeling like you don't fit in? Or that making mistakes while learning doesn't mean you're useless at your job?

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I'm 16 years on the tools and I certainly don't remember many of those conversations happening then or even now. So perhaps we can do better for the next generation.

Access them here: [Education Toolbox Talks](#)

These new resources also represent something bigger that's been happening at Onward Shift. We're no longer building support in just one direction. We're creating support for people, through coaching, counselling, conversations and resources. We're supporting companies, through speakers, workshops, toolbox talks and wider wellbeing support and we're now supporting education providers and students, helping start these conversations before somebody even begins their full-time career in construction.

Alongside all of that, we will continue building our free resources too. Blogs, podcasts, newsletters, Walk & Talks, posters and now toolbox talks that anybody can use, access and share.

Not everyone needs counselling. Not everyone needs a keynote speaker. Not everyone needs a workshop. Sometimes someone just needs to hear one sentence at the right time. Sometimes a manager needs an excuse to start a conversation they haven't known how to start. Sometimes a student needs to realise that the thing they're struggling with isn't something they have to hide.

So if you work for a construction company, college, university, apprenticeship provider or training organisation, please use them. Download them. Share them with your teams. Send them to your subcontractors. Give them to your tutors. Put them in front of your students.

They're there to be used.

New Episode OUT NOW!

[The Heart Attack That
Changed Everything -
Dave Harris](#)

Onward Shift Support

[Support for People](#)

[Support for Companies](#)

[Support for Education](#)

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