

Newsletter

Focus: It's Getting Worse. Not Better.

"CIOB Release Latest Stats"

If we hoped the conversation around wellbeing would bring change, this report is a sobering reality check: Mental health in construction hasn't improved, it's deteriorated.

Let's take a look at what's changed since 2020:

Stress, anxiety, fatigue and poor concentration are all sharply up some by over 30% and suicidal thoughts have increased by 7%.

Right now:

- 94% feel stressed
- 90% are fatigued
- 86% struggle to concentrate
- 83% feel anxious
- 60% experience depression
- 1 in 4 have had suicidal thoughts

So what's driving it?

According to the report:

- 69% say there's simply too much work
- 65% report poor communication
- 64% face unrealistic deadlines
- 64% cite poor planning
- 60% point to inadequate staffing

Sound familiar?

It's time for change. Real change.

- Train leaders to recognise the signs.
- Prioritise work-life balance and proper site conditions.
- Build cultures where people feel safe to speak up and confident they'll be heard.

This isn't about ticking a box.

It's about saving lives, improving how we work and showing people they matter.

Question:

What's one change you'd make to improve mental health where you work?

New Episode

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If It Can Happen to Me. Alan's Fight for Life!

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