

Newsletter

Loneliness in Construction



Loneliness is a crisis we rarely talk about in construction but it's affecting millions of men across the UK.

8 million men experience loneliness at least once a week. Many of them are on our sites, often surrounded by people yet feeling completely alone.

Loneliness isn't just emotional pain it can spiral into stress, depression and dangerous coping habits like gambling, drinking or isolation.

Why does this happen?

Long hours, working away from home, the "tough guy" culture it all pushes people toward unhealthy outlets or shutting down emotionally.

But loneliness doesn't have to be the norm!

Here's how we can help ourselves and each other build healthier lives ➡

1. Find meaningful hobbies and passions outside work:

Encourage workers to reconnect with activities that bring joy and focus whether it's sports, music, gardening or anything that helps switch off and recharge. Hobbies give purpose beyond the job and build social connections outside the site.

2. Build healthy routines to replace harmful habits:

Long days and stress can push people toward alcohol, gambling or other risky escapes. Simple things like regular exercise, mindfulness or creative outlets can reduce cravings for these and improve wellbeing.

3. Create support networks that extend beyond work:

Social clubs, online groups or buddy systems give people somewhere to turn when feeling isolated. Encouraging open chats about loneliness reduces stigma and helps people feel seen.

4. Educate on the dangers of harmful coping mechanisms:

Raise awareness about how alcohol, gambling and other habits can worsen loneliness and mental health. Offer access to counselling and support services specialised in addiction and mental wellbeing.

Question:

If loneliness is a shadow that follows so many in construction, what one small change could you make today?



New Episode

OUT NOW!

Loneliness,
Masculinity & Mental
Health

Our Services

- [Coaching](#)
- [Counselling](#)
- [Keynote Speakers](#)
- [Toolbox Talks](#)
- [Whatsapp Check-ins](#)
- [Shop](#)
- [Blogs](#)
- [Networking Events](#)