

Thameslink Programme

Health & Safety – Good Practice 037

Thameslink Wellbeing Room (New Cross Gate)

Overview/Description

Construction workers are statistically at a higher risk for mental health issues than virtually every other profession.

Here at Thameslink, we recognise this and have created a tranquil environment at New Cross Gate where staff and operatives are able to use this space for meditating, praying or just wanting to come and take a ten minute break away from their working environment.

This initiative was launched in conjunction using the Considerate Construction Scheme's new e-learning course which is designed to raise awareness and provide guidance regarding Mental Health awareness.

The wellbeing room is part of our on going commitment to the Mental Health wellbeing of our staff over here at Thameslink.

Benefits

- Aids with looking after staff/operatives mental wellbeing.
- Information leaflets are readily available around New Cross Gate with regards to finding out what support services are available both inside and outside of work.
- Enables us to holds confidential drop in sessions with trained mental health first aiders.

