

Thameslink Programme Health & Safety – Good Practice 039

Mental Health Impact Day

Overview/Description Redevelopment

At the end of September 2017, Costain held their 10th Safety, Health & Environment (SHE) Leadership Impact Day. The focus for the day was how the London Bridge Station Project and Costain, as a business, could improve their awareness and management of mental health and fatigue.

Like physical health, mental health can vary on a daily basis, and is influenced by both home and work life. It is important that this is considered in the same way as physical health.

The outline of the day was:

- Briefing to all operatives and showing 'the black dog video'
- Conference call from the Costain Managing Director opening the day
- Presentation which provided information around mental health awareness
- Engagement tours on site where members of the senior management team, accompanied by a mental health first aider and a supervisor engaged with operatives.
- Presentation from a VIP



Key Elements

The VIP presentation was an interview with Frank Bruno MBE. The interview was a structured Q&A session hosted by project Director James Elford with 600+ operatives in attendance.

He spoke predominantly around his issues with mental health and reflected on his career.

The objective of the interview was to show that if someone with the status and profession could stand up and talk about mental health, then anyone can.

The day was well received by everyone at London Bridge and the perception of the event was that it has worked wonders to break down the barriers and get people talking about mental health.

Benefits

- Focus on mental health
- Involved leaders and workers
- Engagement of all staff
- Memorable by use of famous person

