

# FREE

Early booking  
recommended



### What is Mental Health Training?

Mental Health in construction is a significant issue, with over a third of construction workers reporting that they have experienced a condition in the past year.

### Who is this training available to?

The courses are designed to support individuals at all levels of the construction workforce working within the NI construction industry.

The workplace plays a critical role in helping to improve Mental Health Wellbeing creating environments where stressors attributed to the workplace can be minimised, supporting people who are struggling with practical tips, action plans and self-help strategies.

### Where to book training?

Click on your chosen 'Event Title' to access the Eventbrite Booking System.

MH Laying the Foundations	Who should attend?
The training will provide practical tips, action plans and self-help strategies. The course will challenge the stigma associated with mental health.	Recommended for all employees at all levels.
MH First Aid	Who should attend?
This PHA accredited course is designed to help participants recognise and understand common, and less common, mental health conditions and how to support colleagues.	Recommended for Supervisors, Line Managers, HR Advisors/Managers, Directors, Business Owners.



# FREE

Early booking  
recommended



## Training Schedule

Date	Event	Time
Wed 22 June	<a href="#">Laying the Foundations Training (Online)</a>	09:00 - 12:00
Mon 27, Wed 29 & Thu 30 June	<a href="#">Mental Health First Aid Training (Online)</a>	09:00 - 13:30
Thu 30 June	<a href="#">Laying the Foundations Training (Face to Face at CITB NI)</a>	09:00 - 12:00
Wed 6 July	<a href="#">Laying the Foundations Training (Online)</a>	9:00 - 12:00
Thu 28 & Fri 29 July	<a href="#">Mental Health First Aid Training (Face to Face at CITB NI)</a>	09:30 - 16:30
Wed 3 & Thu 4 Aug	<a href="#">Mental Health First Aid Training (Face to Face at Inspire, Lombard House, Belfast)</a>	09:30 - 16:30
Mon 15, Tue 16, & Wed 17 Aug	<a href="#">Mental Health First Aid Training (Online)</a>	09:30 - 13:30
Wed 24 Aug	<a href="#">Laying the Foundations Training (Face to Face at Inspire, Lombard House, Belfast)</a>	09:00 - 12:00

**Course Costs:** Free for CITB NI registered in-scope employers who have met the eligibility terms and conditions for grants to employers 2021/22. Non Registered, £25 per person per half day training.

Course costs are based on rates available to employers who comply with the 2021/22 conditions of CITB NI Grant and are eligible for CITB NI Grant.

### For further information contact:

CITB NI  
17 Dundrod Road  
Crumlin  
Co Antrim BT29 4SR  
Tel: 028 9082 5466

Email: [gayle.beckett@citbni.org.uk](mailto:gayle.beckett@citbni.org.uk)  
Website: [www.citbni.org.uk](http://www.citbni.org.uk)



Events, unless otherwise stated, are open to non CITB NI registered companies but will incur a charge of £25 per person per half day training.



**Are you working in construction?** Construction employers working in Northern Ireland for 27 weeks or more are legally required to register with CITB NI. Registered employers can claim training grants, access our Mobile Training Unit, Virtual Environment Training VET360, scaffolding training and training support materials such as health & safety booklets, blueprint and online training directory. Find out about these and other services at [www.citbni.org.uk](http://www.citbni.org.uk). [Click here](#) to find out more about how to register.