



Stress Level?

You are not alone –
You may be experiencing Stress

**These are difficult and uncertain times
for Construction workers.**

- Feeling under pressure, negative, depressed, disappointed in yourself, afraid, sensitive, angry, lonely, withdrawn, useless, exhausted or moody?
- Worried about money/debt, losing your job, finding work, your relationship, family, or just everything?
- Finding it difficult to talk to people, make decisions, concentrate, remember things, sleep, or relax?
- Continually making mistakes, having trouble with other workers, eating/drinking/smoking more or taking other drugs to cope or escape?

Discuss your concerns with your Doctor, employer, a trusted friend, co-worker, or family member.

Ask for help.

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CONTROLLING RISK TOGETHER

Excess pressure can lead to stress which can affect anyone regardless of who they are or what they do for a living.

You can do the following to improve your mental health when feeling low:

- Recognise the warning signs when you are becoming stressed so you can take action and prevent harm.
- Be aware of what causes you stress so you can find ways of tackling the issues.
- Re-examine your lifestyle to make sure there is a good balance.
- Eat healthily, exercise, drink in moderation, give up smoking, take a break, and make time for things you enjoy.

Contact the following organisations for help, advice or support:

Support for those in distress/despair

web: www.lifelinehelpline.info
call: **0808 808 8000**

Confidential emotional support

web: www.samaritans.org
call: **08457 90 9090**

Aware Defeat Depression

web: www.aware-ni.org.uk
call: **08451 20 29 61**

Relationship counselling and sex therapy

web: www.relate.org.uk
call: **0300 100 1234**

Help with debt problems

web: www.nationaldebtline.co.uk
call: **0808 808 4000**

Help with gambling problems

web: www.gamcare.org.uk
call: **0845 6000 133**

Help with alcohol problems

web: www.alcoholics-anonymous.org.uk
call: **0845 769 7555**

Help with mental health worries

web: www.mindingyourhead.info
call: **02890 31 1611**

Cruse Bereavement Care

web: www.cruseni.org
call: **02890 79 2419**

Citizens Advice

web: www.citizensadvice.co.uk
call: **02890 26 1970**

Government services online help

www.nidirect.gov.uk

Job finder websites for N.Ireland

www.recruitni.com
www.nijobs.com

Local training colleges:

www.belfastmet.ac.uk
www.nrc.ac.uk
www.swc.ac.uk
www.nwrc.ac.uk
www.serc.ac.uk

Local leisure and recreation facilities and activities:

www.nidirect.gov.uk/leisure-and-recreation

call: **02890 243249**

web: www.hseni.gov.uk

email: hseni@detini.gov.uk

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