

Exploring Mental Health Triggers, Challenges, and Support Across Different Roles in the UK Construction Industry: Perspectives from Clients, Consultants, and Contractors.

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Abstract : The objective of this study was to examine the mental health triggers, challenges, and support for mental health needs within the UK construction industry, which is seen as one of the high-pressure working environments with jobs that can be physically demanding and, traditionally, suffer from 'Macho' culture. The sector makes a substantial contribution to the UK's economy, but despite this economic significance, mental health issues are still thoroughly attended to due to stigmatisation. Through semi-structured interviews with clients, consultants, and contractors, the research helps to understand better how mental health is perceived by these key stakeholders in the UK construction industry. Clients identify high-pressure deadlines and financial risks as major stressors, consultants point to the incessant workload culture coupled with project constraints, and contractors emphasize insufficient resource concerns and physical demands. This study reveals significant organisational and cultural barriers to mental health. The study proposes the following recommendations: the need to implement bespoke mental health programmes for the industry, better communication channels, and implementing industry-standard policies to enhance a supportive environment. These specifications provide actionable insights to support well-being and productivity within the sector.

Keywords : construction industry, mental health, supportive mechanisms, workplace stress

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