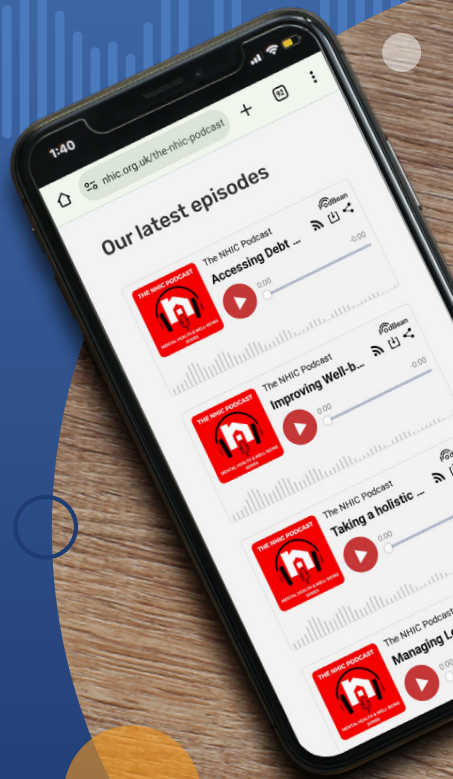


LISTEN TO OUR

# Mental health podcast series



# Breaking the silence around mental health

In collaboration with the NHIC, we are proud of the mental health podcast series that has been produced and launched. The series is an impactful initiative: a dynamic podcast series dedicated to addressing mental health within the industry.

Consisting of 6 engaging episodes, this series was designed to shed light on the mental health challenges faced by tradespeople in our industry.

Our mental health podcast series went live in 2023 and we've had a fantastic response from listeners across the industry.





EPIISODE 1

# Mental Health Support in the Home Improvement and Renewable Energy Sectors and for Tradespeople

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In this exciting episode, special guests **Hannah Vickers**, **Chief of Staff at MACE Group**, and **Faisal Hussain**, **Chief Executive of DGCOS** explore into the fascinating conversation about the profound influence of mental health and well-being on productivity within the sector. Get ready for valuable insights, expert perspectives, and practical tips to evaluate your well-being and performance in the industry.

Dive into episode one by scanning the QR code!

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## EPISODE 2

# How to Achieve Work-Life Balance and Manage Demands

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Join us on the journey with **George Jones** from **Cahill Renewables** as valuable insights are shared on achieving harmony in your professional and personal life.

- Use lists for long-term, short-term and immediate goals
- Prioritise mental health for yourself and your team
- Structure your day proactively, not reactively
- Understand yourself and your audience
- Prioritise tasks for work/life balance
- Delegation empowers others
- Plan and take time to reflect

Scan the QR code for instant access to episode two!

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**We may not have totally broken down the taboo, but we've certainly started to chip away at it, something that DGCOS is determined to continue to do.**

**FAISAL HUSSAIN**  
DGCOS CHIEF EXECUTIVE



## EPISODE 3

# Managing Loneliness and Working Away from Home

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Explore eye-opening statistics on loneliness, discover effective strategies to navigate isolation while working away, and unveil support hubs across the UK.

Gain insights into coping strategies all presented by our esteemed guests, **Tony Steel** from **Band of Builders**, and **Jonathon Moorhouse** from **DGCOS**.

Get instant access to episode three, scan the QR code!

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## EPIISODE 4

# Taking a holistic approach to supporting your team

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Joining us for episode 4, we have special guests **Martin Lockham** from **Mates in Mind** and **Louise Auld** from **DGCOS!**

They light up the discussion as they dive into the essentials of training, superior management, outstanding communications, and the magic of having top-notch resources to champion mental health in the workplace.

Unlock episode four with a quick scan of the QR code!

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**Remember  
you are not  
alone and it is  
not a sign of  
weakness.**

IMPROVING WELL-BEING  
AND MENTAL HEALTH

EPISODE 5







## EPISODE 5

# Improving Well-being and Mental Health

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Offering expert insights in episode five with **GP Rachel Cooper** and **Cathy O'Hara, Central Support Manager** at **DGCOS**. Explore strategies for managing anxiety, depression, building resilience, and addressing common mental health challenges.

Tune in for professional guidance and valuable tips on managing common mental health problems such as anxiety and depression, learning how to build resilience and a strong mindset, managing critical injuries, illnesses and drugs and alcohol.

**Scan the QR code for instant  
access to episode five!**

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EPIISODE 6

# Accessing Debt Support and Achieving Financial Health

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Exploring empowering topics with our esteemed guest, **Greg Jenkinson** from **StepChange** in episode six.

This includes taking charge of your financial position, minimising stress, and understanding the wealth of support available.

Get instant access to episode six, scan the QR code!

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**Never feel  
ashamed. Take  
the free help.  
You will wish  
you had done it  
sooner.**

ACCESSING DEBT SUPPORT AND  
ACHIEVING FINANCIAL HEALTH

EPISODE 6



The full  
podcast  
series is  
available to  
listen to at  
[qrco.de/mh-podcast](http://qrco.de/mh-podcast)



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