



### New Quarterly Themes for 2023

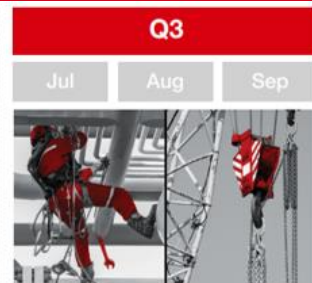
### Quarter 4 – Mental Health Awareness



Prevention of Major Accidents



Prevention of Personal Injury



Safe Lifting, Working at Height and Preventing Dropped Objects



Wellbeing and Work Environment

In the last quarter of 2022 we hope to raise and promote awareness of mental health among the energy industry workforce, both onshore and offshore. We recognise the increasing level of mental health challenges our workforce is facing. We also know that this can pose major risks to safety and wellbeing.



Employer

Q4 Mental Health Awareness - Employers

Q4 Mental Health Awareness - Employers



Individual

Q4 Mental Health Awareness - Individuals

Q4 Mental Health Awareness - Individuals



Friend

Q4 Mental Health Awareness - Friends

Q4 Mental Health Awareness - Friends

### Resources

[Mental Health Awareness Q4 Intro](#)



[Mental Health Safety Moment](#)



[Mental Health Awareness Pack](#)



[Joel Devine – My Story](#)



#playyourpart