



Quarterly Themes – Q4 – Mental Health Awareness

A remote worker's lifestyle has always brought with it unique pressures (being away from family for extended periods, lack of ability to "escape" from the workplace, close living quarters, harsh environments), and it is recognised that the lifestyle of energy workers, particularly in a male-dominated industry where traditionally feelings are not discussed, makes improving the awareness of mental health particularly relevant.

Step Change in Safety is committed to raising and promoting 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. From October until December 2022, the focus of our quarterly safety theme will be Mental Health Awareness. The objectives of this quarter are:

- ▲ Raise awareness and recognition of mental health
- ▲ Know where help can be found
- ▲ Know how to initiate a conversation.



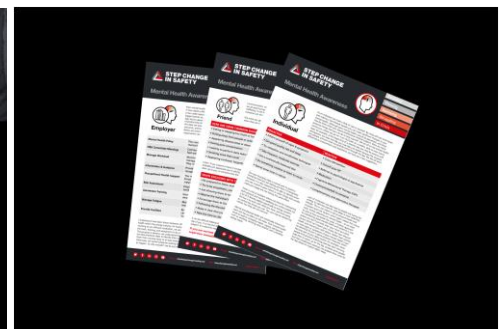
Resources

Newly released resources for the Q4 Theme include:






[Mental Health Awareness Posters](#)

[Mental Health Awareness Guidance](#)

[Mental Health Awareness Infosheets](#)



Upcoming Step Change in Safety Events

 <p>27 September</p> <p>Lifting Forum - Human Factors in Safe Lifting - 27th September</p> <p>09:00-11:00 Online Event</p>	 <p>30 September</p> <p>Normalised Risk - The Other Side</p> <p>11:00-12:00 Online Event</p>	 <p>06 October</p> <p>Competence Forum - Transition Competence</p> <p>09:00-11:00 Online Event</p>	 <p>05 December</p> <p>ESR Forum - 5th December</p> <p>15:00-16:30 Online Event</p>	 <p>07 December</p> <p>Lifting Forum - 7th December</p> <p>09:00-12:00 Online Event</p>
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#playyourpart