

Strong Minds Build Stronger Teams

Supporting mental health in the trades



Behind every project completed and deadline met are hardworking tradespeople who give their all — physically and mentally.

The construction industry is built on strength, but even the strongest workers need support to build stronger, healthier teams.



1. Check in Regularly

Take time to ask your coworkers or team members how they're doing. A simple "How are you really doing?" can make a huge difference and can make people feel seen, heard and supported.

2. Recognize the Signs

Changes in behavior, mood or energy can indicate someone is struggling. Withdrawing from coworkers, losing interest in work or having difficulty concentrating are signs to check in.



3. Encourage Open Conversations

Talking about mental health shows strength and care. Creating a culture where discussing mental health is normal lets your team know that sharing challenges is valued and supported.

4. Provide Resources and Support

Share mental health resources, tools or programs available through your company or community. Knowing where to turn can make it easier for someone to get the help they need.



5. Promote Work-Life Balance

Encourage breaks, rest and time off when needed. Supporting recovery and downtime helps teams stay resilient, focused and safer on the job.

Talking about mental health is a sign of care for yourself and your team—and it helps us build a stronger, more supportive industry.

Explore ways to support crews,
celebrate skill and strengthen team culture at
skilled.peopleready.com/respect-the-craft/