



DEEP PSYCHOLOGY

Building Stronger Minds in Construction
Mental Wellbeing with **Deep Psychology**

www.deeppsychology.co.uk

A CRISIS IN CONSTRUCTION

Construction workers face the highest suicide rate of any industry - 53.2 per 100,000 workers, nearly four times the national average. In the UK, construction workers are three times more likely to die by suicide than the average male. These aren't just statistics - they represent our colleagues, friends, and family members

CRITICAL INDUSTRY CHALLENGES

- 83% of construction workers experience moderate to severe mental health issues
- Only 1 in 5 workers feel comfortable discussing mental health at work
- Long working hours, job insecurity, and physical strain contribute to depression and anxiety
- Financial pressure and project deadlines create overwhelming stress
- Traditional masculine culture discourages seeking help
- Remote work sites often lead to isolation and disconnection



OUR UNIQUE APPROACH

Deep Psychology has developed a comprehensive mental health framework specifically engineered for the construction sector, drawing from both cutting-edge psychological research and time-tested Eastern wisdom. Our methodology addresses the unique challenges across diverse construction environments - from high-rise developments to infrastructure projects, and from site-based teams to corporate offices. Our framework adapts to the international nature of modern construction, incorporating psychological insights from various cultures to support diverse workforces. This multi-faceted approach ensures effective mental health support regardless of project scale, cultural background, or operational context.



SPECIALISED PROGRAMS FOR CONSTRUCTION TEAMS

WORKSHOP SERIES

- Navigating Mental Fatigue in Construction
- Practical techniques for managing stress and maintaining energy through demanding projects
- Building a Supportive Culture
- Creating environments where mental health conversations are normalized and supported
- Overcoming Depression, Anxiety, and Inner Pain
- Evidence-based strategies tailored to construction professionals

COMPREHENSIVE SERVICES

On-Site Support

- Interactive workshops and training sessions
- Expert presentation for leadership teams
- Mental wellbeing protocol development
- Digital learning resources and ongoing support






Why DEEP PSYCHOLOGY?

OUR FOUNDER DARSHAN BRINGS UNIQUE CREDENTIALS:

- Worked in and around construction since 2015
- Over 60+ training sessions delivered
- 1 year of full-time monk training
- Formal psychology education
- Advanced meditation expertise
- Practical application of Eastern psychological principles
- Vibrant stage presence

TRANSFORM YOUR WORKPLACE

Invest in your team's mental health to:

- Reduce workplace incidents
 - Improve project outcomes
 - Strengthen team cohesion
 - Enhance productivity
 - Lower turnover rates
 - Create a supportive environment where workers feel valued
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For All Construction Employees

Mental Health Fundamentals

- Understanding mental health terminology and signs
- Recognizing changes in self and colleagues
- Building confidence to start supportive conversations
- Learning meditation and stress management techniques
- Access to digital resources and ongoing support
- Cultural sensitivity training for diverse workforces

For Site Supervisors and Line Managers

Leadership Mental Health Training

- Understanding legal duty of care requirements
- Developing early intervention strategies
- Advanced communication and listening skills
- Compassionate leadership development
- Crisis management protocols
- Stress management techniques for teams
- Performance management with mental health awareness

For Mental Health Champions

Deep Psychology Advocates Program

- Intensive training in Eastern and Western psychological approaches
- Advanced listening and support skills
- Mental health first aid certification
- Advocacy skills for organizational change
- Implementation of wellbeing initiatives
- Regular supervision and support sessions
- Network building across sites

For Executive Leadership

Strategic Mental Health Integration

- Mental health strategy development
- Policy and procedure consultation
- ROI analysis of mental health initiatives
- Crisis response planning
- Corporate culture transformation
- Performance metrics and evaluation
- Quarterly review and strategy sessions



MOST IMPORTANTLY TO MAKE PEOPLE HAPPIER

BREAKING THE SILENCE

Together, we can create a construction industry where:

- Mental health is discussed openly without stigma
- Support systems are readily available
- Workers feel empowered to seek help
- Prevention is prioritized over crisis management
- Wellbeing is considered as important as safety

WE'VE HELPED

Various companies across the globe the biggest of which are Amazon, Shell, and Multiplex



Shell

MULTIPLEX



OUR DELIVERY METHODS



In-person Workshops & Training



Virtual Learning Sessions



One-to-One Consultations



Digital Course Materials



Ongoing Support Channels



Crisis Response Services



Policy Development Support



Therapist on demand



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