



## AfPA Launches Diversity and Inclusion Mental Health and Wellness Program

**Thursday 20th April 2023**

The Australian Flexible Pavement Association (AfPA) has officially launched its Diversity and Inclusion Mental Health and Wellness Program, incorporating Mental Health First Aid® (MHFA™) training to provide resources, skills and training to create a safer and healthier industry.

The Diversity and Inclusion Mental Health and Wellness Program, is a key project of the AfPA Diversity and Inclusion Roadmap, and is designed to provide knowledge and resources to employees to increase awareness of mental health challenges, improve well-being and psycho-social dimensions and also improve site conditions to ensure workers' safety through industry specific and tailored training.

AfPA is proud to be supporting with Mental Health First Aid® Australia under this program. Mental Health First Aid which provides practical, skills-based education programs which equip individuals and organisations with the skills and confidence to recognise, respond and offer support to those experiencing a mental health problem or crisis situation as a first, often critical, step.

Mental health stigma has long been a pervasive problem in workplaces, and the flexible pavement and broader construction industry are no exceptions. In fact, Australia loses one construction worker to suicide every other day (Mates in Construction), with workers in the industry risking a higher rate of suicide.

Through this program, AfPA aims to address and work toward ending mental health stigma within the flexible pavement industry and begin ensuring that mental health is treated as valuably as physical health on worksites.

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