

# Dyer & Butler takes Time to Talk Day to encourage discussion around mental health

February 17, 2020



Dyer & Butler, a multi-disciplined engineering services specialist focused on essential infrastructure including airports, railways and highways, recently supported 'Time to Talk Day' by encouraging its people to find time to stop work and talk with a colleague about how they are feeling.

Time to Talk Day is organised by Time to Change, the campaign to change how we think and act about mental health, led by charities Mind and Rethink Mental Illness.

Dyer & Butler Safety, Sustainability & Training Director Steve Broom, said: "We took part in Time to Talk Day because mental health is a topic that we should all feel able to talk about. One in four people will experience a mental health issue in any given year, but many of us are too afraid to talk about it. Time to Talk Day aims to inspire as many people as possible to talk about mental health. Having these all-important conversations can make a big difference to so many people."

Supporting Time to Talk Day reinforces Dyer & Butler's existing support arrangements which includes a team of fully qualified Mental Health First Aiders and an Employee Assistance Programme which provides information, support and counselling on a variety of topics for all Dyer & Butler people and their families.

For further information on Time to Talk Day please visit: [www.time-to-change.org.uk/timetotalkday](http://www.time-to-change.org.uk/timetotalkday)