

## ULTRA ACCESS

### World Mental Health Day

In support of all those suffering with the mental health

**World Mental Health Day**, observed annually on October 10th, serves as the centrepiece of global awareness efforts often extending into a week of activities to promote mental well-being.

In 2025, this falls on a Friday, encouraging worldwide campaigns, workshops, and discussions to reduce stigma and advocate for better mental health resources...

Globally - the three most prevalent mental health conditions (according to reports and studies) are:

- **Anxiety disorders**, (all types) affecting around **300 million people**.
- **Depressive disorders**, (all types) impacting about **280 million**.
- **Bipolar disorder**, (as a singular) which involves extreme mood swings and is reported to effect some **37 million people**, as of a 2021 study.

These conditions and the many others not mentioned can severely disrupt daily life, relationships, and productivity if left untreated. Untreated mental health issues, particularly depression and anxiety, can escalate to suicidal thoughts, and in some tragic cases, the act itself.

Feelings of overwhelming hopelessness, isolation, and chronic pain may lead individuals to view suicide as an escape, with **global statistics showing that mental disorders contribute to over 700,000 suicides annually**.

Early intervention through therapy, medication, and a strong support network is crucial to prevent such tragedies.

Certain professions face heightened risks due to occupational stressors.

**Scaffolders**, engaged in high-risk Construction work, and usually at great heights - whilst also having to endure intense physical demands, the constant threats of life altering accidents and tight work completion schedules, which does negatively impact many-a scaffs mental state, leading to increased risk of drugs and alcohol abuse.

Life is agonisingly difficult at the moment, and this is only increasing the difficulties of those who are suffering with some kind of mental health condition.

Please speak up if you are suffering - with many including both **Lighthouse - The Construction Charity** and **MIND**, bringing much needed to support to those who need it across the UK, and within the wider-British construction sectors - **ULTRA ACCESS** proudly supports the work both do.

**You are not alone, people are here to help and its definitely not a weakness to ask for support.**

ULTRA ACCESS  
Scaffold Technical Support

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