



Addressing Suicide and Mental Health in Construction

## Topic of the Day: Recap

### Key Takeaways from this Week:

1

Suicide is a serious problem in the construction industry. Construction has the **2<sup>nd</sup> highest rate** of suicides among all occupations. It is a **high stress job** that has high rates of alcohol and drug use, as well as a “tough guy” culture.

2

Suicide doesn't only occur in people who have known mental health issues. Even though there are many contributing factors, the problem with suicide is **the stigma** associated with mental health. Mental health is a personal issue and a work issue. It needs to be a part of the **safety conversation**.

3

Recognize the **warning signs**. If you notice a coworker exhibiting any warning signs, such as comments of hopelessness or reckless behavior, **step in** or **speak up**. Some behaviors, such as saying good bye and giving away belongings, require **immediate action** and may require you to call 911.

4

When someone is at risk, it's important to **start a conversation**. Ask directly about the issue, listen to them, and create a safety plan together. Don't be afraid to **seek outside help** from a suicide hotline or supervisor.

- Look out for your fellow coworkers and recognize that suicide is a serious issue.
- Don't be afraid to speak up and seek help.
- **REMEMBER** – Talking about suicide does not put the idea in someone's head. It can provide relief and gives them permission to talk about it.



#youarenotalone

**You are not alone  
We are in this together**

