



Suicide Prevention Week – Day 5 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 **2nd 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.

You are not alone
We are in this together



#youarenotalone