



## Suicide Prevention Week – Day 3 Addressing Suicide and Mental Health in Construction

### Topic of the Day: Recognizing the Warning Signs

It's not always obvious when a friend or coworker is struggling, but they often show signs of suicidal thoughts in subtle ways. While some comments or threats could sound like "just talk," they can become dangerous quickly and it's important to **step in** or **speak up** if you see these **warning signs...**

Warning Sign	You may see or hear your coworker....
Anxiety or agitation	appear nervous, shaken, or worried.
Aggressive behavior or uncontrolled anger	act overly bitter, hostile, or seek revenge. May engage in violence by getting into fights or punching holes in walls.
Withdrawal	stop talking to friends or doing things they used to enjoy.
Feel like a burden	mention feeling like they have let down their coworkers or family; feels worthless.
Reckless behavior	work dangerously and does not seem to care about the consequences.
Changes in habits	complain of changes in sleep or show significant weight gain or loss.
Depression	mention feeling very sad or withdrawn and lasting for more than two weeks.
Increased alcohol or drug use	begin using alcohol or drugs more than usual.

#### Signs of Imminent Danger

Feeling desperate	mention they don't see their situation changing or a way out; feeling trapped.
Tying up loose ends	give away favorite tools or possessions or putting affairs in order.
Saying goodbye	say a final goodbye (subtle or literal) to coworkers, friends, and/or family.
Sudden mood changes	display sudden overwhelming fear or their mood shifts from despair to calm.
Talking about suicide or wanting to die	make statements that are subtle, vague, or direct. Could be written or drawn.
Seeking access	start looking around to get the tools they need to complete the act of suicide, such as a gun, prescription, or other means.

#### If any of the signs above are present:

- 1) Bring it to the attention of your foremen or supervisor.
- 2) Start the conversation with your coworker about your concerns and refer them to or help contact the **National Suicide Prevention Lifeline** or the **Crisis Text Line**.



If you believe a coworker is at in **imminent danger** or has already harmed himself or herself, you need to call emergency services at **911**.

#youarenotalone