

Suicide Prevention Campaign Facilitator's Guide

Facilitator Tasks before the Toolbox Talk (TBT)

1. Read through the TBT informational sheet and the facilitator guide below.
2. Think of your own discussion questions to add. For example, you may want to include examples or resources from your workplace.
3. Before starting each TBT, set the expectations with the group out loud.
 - Brief the topic: This week will be focused on suicide prevention. Ask that everyone is respectful since this can be a very personal and sensitive topic for a lot of people. There will be opportunities to share, but it's not required.
 - Remind the group how to get help if they want to talk to someone (trusted supervisor, MAP/EAP, or the National Suicide Hotline 800-273-8255).
 - Point out that each take away sheet has a QR code that links to resources and where they can access the TBT. *[To use a QR code, open the camera on your phone and hover over the image, it will pop up a link for you to click and take you to the website].*
4. Each TBT has a paired Take Away Sheet available online. You can print these and hand them out during the meeting.

Example Conversation Starters for each TBT

Day 1: Suicide and the Workplace

- Suicide rates are increasing.
What do you think are some reasons for this?
- Suicide rates are higher in the specific industries.
Is that surprising to you?
What can we do about it in our industry?
- Mental health impacts all parts of our lives.
How can we make mental health a part of the safety conversation?

Day 2: Reduce the Stigma

- There are many factors that contribute to suicide.
What are other factors in our workplace (or construction) not listed that put someone at risk?
- There is a lot of stigma associated with suicide.
How does the language we use contribute to stigma? Example: How do we talk about a person with cancer (fighter, strong, survivor...) versus a person with depression (crazy, moody, lazy...)?
What are some ways we can combat the stigma that prevents people from seeking help?

Day 3: Recognize the Warning Signs

- People often show they are struggling in subtle ways.
Describe examples of something you might hear from a coworker that could be a warning sign? What are some examples of things that may be taken as "just talk?"
- There are different ways to approach someone who needs help.
What are the ways we can step in and help a coworker who is showing warning signs? What is something we can say?

Day 4: Start a Conversation

- It can be uncomfortable to discuss the topic of suicide.
What are some ways you could make it more comfortable?
- There are 4 key points to help you through the conversation: Ask, Be There, Keep Them Safe, and Help Them Connect.
What are examples of how you can do this?

Day 5: Summary

- We have talked about a lot over the past week.
What stuck with you the most from the other TBTs?
- Suicide is an important topic in our industry.
How can we keep this conversation going after this week?