

# LET'S TALK

## SUICIDE PREVENTION



## Suicide and the Construction Industry

The suicide rate in the construction industry is 4 times higher than the national average.



### How big is the suicide problem?

- Suicide is the 10th leading cause of death in the US, and the rate is increasing.
- Construction workers are 5 times more likely to die by suicide than all other construction fatalities combined.
- All levels of the construction workforce are at increased risk of suicide – from laborers to skilled trades to management.



Mental health is a personal issue, a family issue, a society issue and a **WORK** issue. That is why mental health should be part of the **SAFETY CONVERSATION**

### Why is it so high for construction?

#### The nature of work and culture:

- Family separation and isolation with travel.
- Injuries and chronic pain.
- High job stress: seasonal work, layoffs, long hours
- Sleep disruption/deprivation due to shift work.
- Higher rates of alcohol and substance abuse.
- Access to lethal means.

### What can we do?

Talk about it! Make it part of the safety conversation.  
Learn to recognize the warning signs in yourself and others.  
Seek help from national and local resources.



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