

LET'S TALK

SUICIDE PREVENTION



Suicide Prevention Summary

You are **NOT** alone: We are in this together!



Suicide is the 10th leading cause of death in the United States. The suicide rate in the construction industry is 4 times higher than the national average.



Suicide doesn't only occur in people who have mental health illness. Stigma can prevent someone from seeking help. Mental health is a personal issue and a work issue. It needs to be a part of the safety conversation.



Recognize the warning signs (comments of hopelessness, disinterest, reckless behavior) and speak up. Some behaviors require immediate action and may require you to call 911.



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

**Look out for your coworkers - suicide is a serious issue.
Mental health needs to be a part of the safety conversation.**



Call, text, or chat 988
24/7 Free & Confidential