

Mental Health and Suicide Prevention in Construction

The Next Dimension of Safety



Mental Health Continuum



Let's clear up some language

- Die by vs. Commit
- Has vs. Is
- Weak, selfish



Why do we need to address mental health in the construction workplace?

- In 2022 There were an estimated 5237 suicides in construction
 - 991 Construction Worker Fatalities (Focus four)
- The suicide rate in the U.S. is rising, but **construction workers are at a greater risk of suicide than the average worker**
- All levels: laborers, skilled trades, operators, management
- Male construction workers die from suicide at twice the rate of workers on average.
- 1 in 7 people aged 16-64 who died by suicide was a construction worker



It's not just construction

Suicide is a societal issue:

11th leading cause of death

49,476 deaths by suicide in 2022

14.21/100,000

1.6 M attempts annually

Source: AFSP.org



Strength. Determination. Grit.

CHARACTER TRAITS THAT GET HARD WORK DONE.

The same traits can be a
barrier to asking for help.

SPEAK UP TO
STANDUP



INFORMATION & RESOURCES AT
preventconstruction suicide.com



THE NATIONAL SUICIDE
PREVENTION LIFELINE AT
1.800.273.TALK (8255) or
suicidepreventionlifeline.org

CRISIS TEXT LINE |

TEXT **HELLO** TO 741741
Free, 24/7, Confidential
crisistextline.org

**IT'S OK TO NOT BE OK. BE BRAVE – SPEAK UP
FOR YOUR TEAM. SPEAK FOR YOURSELF.**



Risk Factors



Industry Related Risk Factors for Suicide



Chronic Pain



Extreme Pressure



Lack of Leadership Training



Skills Gaps/Feeling Stuck



Isolation



Veterans in the Workforce



Demographics



Tough Stoic Mentality



Access to Lethal Means



Substance Misuse



Sleep Deprivation



Financial Instability

Recognize the Signs to Speak Up

WHAT ARE THEY SAYING?

- ◆ Talking about feeling trapped
- ◆ Saying they want to die
- ◆ Feeling like they are a burden to others
- ◆ Expressing hopelessness or helplessness
- ◆ Conflict or confrontations with co-workers

WHAT ARE THEY DOING?

- ◆ Increased tardiness or absenteeism
- ◆ Decreased productivity and problem solving
- ◆ Near misses, hits or other safety incidents
- ◆ Misusing drugs or alcohol
- ◆ Acting anxious, agitated or reckless
- ◆ Withdrawing from social groups and interactions
- ◆ Extreme mood swings

WHAT'S HAPPENING IN THEIR LIVES?

- ◆ Relationship issues
- ◆ Major life changes
- ◆ Loss of a loved one
- ◆ Financial difficulties
- ◆ Illness or injury

STANDUP
FOR SUICIDE PREVENTION

RESOURCES

HELP IS WITHIN REACH



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preventconstructionsuicide.com

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Intangibles and Intuition

- Share Your Experiences
- Engagement
- Make a Phone Call
- Invite Someone to Lunch
- Schedule Afterwork and Weekend Activities
- Include EVERYONE!
- Create a Post on LinkedIn/Social Media letting People Know They Can Reach Out to You if They Need Someone to Talk To.



Ask

RU OK?

No qualifications needed

Have a conversation using these 4 steps



1. Ask R U OK?

How are you travelling?

You don't seem yourself lately – want to talk about it?



2. Listen with an open mind

I'm here to listen if you want to talk more.

Have you been feeling this way for a while?



3. Encourage action

Have you spoken to your doctor about this?

What do you think is a first step that would help you through this?



4. Check in

Just wanted to check in and see how you're doing?

Have things improved for you since we last spoke?

Learn more at ruok.org.au

Ask

RU OK?

No qualifications needed

Make staying connected and asking R U OK? part of your everyday.

Start by asking "Are you OK?"

No, I'm not OK.

Dig a bit deeper:

"What's been happening?"

"Have you been feeling this way for a while?"

"I'm ready to listen if you want to talk."

Yes, I'm fine.

But your gut says they're not:

"It's just that you don't seem to be your usual self lately."

"I'm always here if you want to chat."

"Is there someone else you'd rather talk to?"

Listen with an open mind

Encourage action and offer support:

"How can I help?"

"What would help take the pressure off?"

"What do you enjoy doing? Making time for that can really help."

"Have you thought about seeing your doctor?"

Make time to check in:

"Let's chat again next week."

Learn more at ruok.org.au

Know How to Respond: TASC

Tune in

Tune in: When you notice or sense that a person may need help, focus your attention on them for warning signs

Ask

Ask: Ask if they are thinking about suicide clearly, directly & calmly – and without judgement

State

State: State that suicide is serious and that connecting to help is important

Connect

Connect: Connect the person to a helping resource who knows suicide first-aid skills

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988
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& CRISIS
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STANDUP

FOR SUICIDE PREVENTION

GET HELP

Know who to contact
if you or someone you
know is at risk of suicide

GET INFORMED

Learn why construction is
the most at-risk industry for
suicide deaths

GET STARTED

Pledge to STAND UP for
suicide prevention and
address it as a health and
safety priority

WE ALL
STAND
STRONGER
TOGETHER



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preventconstructionssuicide.com

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[ABOUT US](#) ▾[GET HELP](#) ▾[GET INFORMED](#) ▾[GET INVOLVED](#) ▾[DONATE NOW](#)[PLEDGE TO STAND UP](#)[CALENDAR](#)

TAKE ACTION

- **Incorporate** **CIASP ToolBox Talks** into your safety plan.
- **Ask your Employee Assistance Program (EAP)** provider to present sessions or lunch and learns on mental health and coping techniques.
- **Promote** the free, anonymous **MindWise screening tool** (available in Spanish) to your employees.
- **Incorporate** these **short videos** into your safety training.
- **Distribute** hardhat stickers, poker chips, and wallet cards with warning signs and helplines. **Request a supply** from CIASP.
- **Display** posters in trailers, break rooms, or on company message boards. **Download here.**
- **Complete** the **LivingWorks Start online training program.**
- **Read and Share: Educate Workers About Employee Assistance Programs to Address Behavioral Health**





CONTACT US



@THE_CIASP



CIASP



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info@preventconstructionsuicide.com

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