

## **Mental Health Awareness and Suicide Prevention for the Construction Industry – Start the conversation**

- Mental Health Affects everyone regardless of culture, race, ethnicity, gender or sexual orientation. 43.8 million adults experience life events that cause distress every year.
- 1 in 5 adults in America experience a serious negative emotional reaction. Nearly 1 in 25 adults in America live with a serious mental illness.
- The construction and extraction industries have the second-highest rate of suicide according to the US Centers for Disease Control and Prevention (CDC).
- Although many women work in the construction industry, it is still dominated by men, and men have a higher rate of suicide than women. In fact, suicide is the second biggest cause of death for men between the ages of 25 and 54.

**What you can do?** Even though we may not talk about it, behavior problems and emotional reactions affect every organization. Here are a few preventative steps;

### **Start the conversation about mental health.**

Your employee's emotional state has a big impact on their productivity and overall life satisfaction. Talk about stress management in meetings and the importance of self care and living a healthy lifestyle.

### **Help employees detect mental health problems**

**early.** Many mental health problems go undetected, which causes people to suffer in silence. Ask employees if they are OK or if they need help. Direct them to your company EAP provider, the text crisis line or suicide prevention line.

**Support employee's efforts to get help.** Ensure an employee can get to therapy during work hours. With treatment, 65% to 80% of individuals with mental illness see improvements.

**1-800-273-TALK (8255)  
Text HELLO to 741741**

**Help for crisis or suicide  
prevention is a call or  
text away. It is free,  
confidential, and always  
available.**



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