

MENTAL HEALTH FIRST AID FOR THE CONSTRUCTION INDUSTRY



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DID YOU KNOW: MENTAL HEALTH IS THE NUMBER ONE KILLER IN CONSTRUCTION - MORE THAN JOBSITE FATALITIES!



Here's the breakdown:



Suicide: Construction workers face a suicide rate that is significantly higher than the general workforce. In fact, suicide is one of the leading causes of death for construction workers. Studies show that construction workers are approximately 3.5 times more likely to die by suicide compared to the general population. (osha.gov)



Overdose: The overdose death rate in construction and extraction occupations also exceeds that of other industries. As of 2020, construction workers experienced drug overdose deaths at a rate of 144.9 per 100,000 workers, which is approximately three times higher than the national average for all workers. (cpwr.com)



Other Fatalities: When compared to other occupational fatalities, the combined number of deaths by suicide and overdose surpasses the number of fatalities caused by more traditional workplace incidents, like falls, being struck by objects, or other accidents typically associated with construction sites. (blogs.cdc.gov)

***It takes more than a hardhat
to keep a head safe.***





WHY MENTAL HEALTH FIRST AID?

WORKPLACE SAFETY

**1 in 5
Americans will
experience a
mental health
challenge or
crisis this year.**

Helps identify those at risk and connects them to resources and support. It also helps people reduce and manage stress.

COMPANY PROFITABILITY

**Every \$1
investment in
promoting
mental health
has a \$3 – \$5
return.**

The cost of doing nothing about workplace mental health is significantly higher than investing in evidence-based prevention and treatment.

RECRUITMENT & RETENTION

**76% of people
believe companies
should be doing
more to support
the mental health
of their workforce.**

Investing in workplace mental health and wellness increases retention, recruitment, and productivity.

Sources:

Centers for Disease Control and Prevention (CDC)

Society for Human Resource Management (SHRM)



WHAT YOU WILL LEARN

Mental Health First Aid (MHFA) teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among adults.



- Noticing signs and symptoms of substance use and mental health challenges.
- Navigating conversations about mental health or substance use concerns.
- Knowing that recovery is possible – and how to support it.
- Tackling mental health stigma in the construction industry.
- Risk factors construction workers face - and how to combat them.
- Building resilience and strategies to alleviate burnout.
- How to connect a person with help.
- How to interact with a person in crisis.
- Expanded content on construction industry mental health statistics.



PROGRAM AGENDA & SAMPLE SLIDES

Segment	Topic
1	Welcome to Mental Health First Aid for Construction
2	MHFA Self-Paced Introduction Recap
3	ALGEE: Mental Health First Aid Action Plan
4	MHFA for Early Signs and Symptoms
5	MHFA for Worsening Signs and Symptoms
6	MHFA for Crisis Situations
7	Self-Care for the Mental Health First Aider

ACTION 1: LISTEN NONJUDGMENTALLY

LISTEN NONJUDGMENTALLY

Effective nonjudgmental listeners pay special attention to two main areas:

- **Verbal cues** and how they are conveyed.
- **Nonverbal cues** and how they are conveyed.



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SKILL DEVELOPMENT: EARLY SIGNS AND SYMPTOMS GROUP SCENARIO

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.



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CRISIS SITUATIONS: YOUR ROLE

During a crisis, your **role** is to:

- Try to work together to keep the person and others **safe for now**. If you can't, get help immediately.
- Utilize the other steps of ALGEE to **de-escalate** the situation and connect to appropriate professional help, as appropriate.



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WHAT YOU RECEIVE AFTER COMPLETING MENTAL HEALTH FIRST AID TRAINING:



- ✓ *3 year certification from the National Council for Mental Wellbeing*
- ✓ *An enhanced company culture and safer work environment*
- ✓ *Email access for ongoing support*
- ✓ *Industry recognition for progressive safety measures*
- ✓ *Mental health manual & construction industry resources*
- ✓ *Mental Health Toolbox Talks & Hard Hat Stickers*

**SAFETY
FIRST**



WAYS TO LEARN & ACCREDITATION

THREE WAYS TO LEARN



In-person - Learners receive their training during a 8 hour, Instructor-led, in-person session. Groups of up to 30 people per training.



Blended - Learners complete a 2-hour, self-paced online course, then participate in a 6-hour, Instructor-led training.

This Instructor-led training can be:



- A virtual Zoom course (up to 25 people per class)
- An in-person course (up to 30 people per class)



ACCREDITED

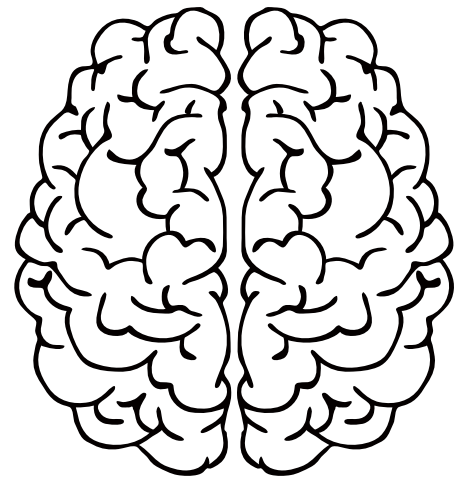
Fully accredited through the National Council for Mental Wellbeing, our Mental Health First Aid trainings provide a 3 year certification upon completion of the program.

NATIONAL COUNCIL
for Mental Wellbeing

HEALTHY MINDS ■ STRONG COMMUNITIES



**EMPOWER YOUR TEAM.
BREAK THE STIGMA.
SAVE LIVES.**



INVEST IN MENTAL HEALTH FIRST AID CERTIFICATION

*Email mmcintyre@levelup-consultants.com
to learn more and register your business
for training.*



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