

# Toolbox Talk: Mental Health vs. Mental Illness



1 in 5 U.S. adults  
experience  
mental illness

**1 in 25**

1 in 25 U.S. adults  
experience serious  
mental illness

**17%**

of youth (6-17 years)  
experience a mental  
health disorder

## Mental Health:

- Emotional, psychological, and social wellbeing
- Affects how we think, feel, and act
- Helps determine how we handle stress, relate to others, and make healthy choices
- Changes over time and is impacted by many factors:
  - » genetics
  - » life events
  - » environmental stressors
  - » poor physical health
  - » change in routine

## Mental Illness:

- Conditions that affect a person's thinking, feeling, mood or behavior, such as depression, anxiety or bipolar disorder.
- May be occasional or long-lasting (chronic) and affect someone's ability to relate to others and function each day.
- Among the most common health conditions in the United States - more than 50% of Americans will be diagnosed with a mental illness or disorder at some point in their lifetime.

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*I spent most of my life feeling on edge and irritated. I'd blow up at my co-workers and family over trivial things. It wasn't until my wife made me go to marriage counseling that I realized I had anxiety. And I realized that it got a whole lot worse when project deadlines approached.*

*I feel a lot of people in construction have mental health issues, and working in construction compounds it. Even if you realize you have these problems, there's no way to treat or deal with them, so it becomes worse and worse.*

*If you're working 60 hours a week, you're setting yourself up to fail. Toxic masculinity is an easy thing to pin it on, but the issues are more complex.*

- Anonymous

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Take action to create living conditions and environments that support mental health and a healthy lifestyle.

Our industry is coming together to promote good mental health in construction. Below are things you can do to support the mental health of you and your coworkers.



### Recognize It

Look out for common signs someone is struggling



### Talk About It

Connect with someone you trust to share your concerns



### Support Others

Let them know you there to listen and find help if needed



### Get Help

Reach out to your doctor for support and guidance



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