

# TOOLBOX TALK

## CONSTRUCTION AND SUICIDE



You know the dangers that come from working on a job site, we talk about them often during Toolbox Talks, but what about those that lurk when you're off the job?

Suicide is one of our industry's "best kept secrets," and it's killing us. Literally.

### BY THE NUMBERS

- In multiple years, the [Centers for Disease Control and Prevention](#) found [construction and extraction was the no. 1 occupational group with male suicides \(15% in 2012, 16% in 2015\)](#)
- In the general population, suicide occurs in 27 out of every 100,000 people. In construction, the number is closer to [53 suicides per 100,000 workers](#).
- In the U.S., a construction worker dies by suicide once every 12 minutes. Another way to look at it: [123 of us die from suicide each day](#).

### WHY IT MATTERS

[September is Suicide Awareness Month, and Sept. 5-9 is Construction Suicide Prevention Week](#), so we want to do everything in our power to help save our fellow teammates. Throughout, we'll be sharing tools and resources to stamp out the stigma of asking for help, and possibly help save some lives in the meantime.

### GOOD TO KNOW

- [National Suicide Prevention Lifeline](#): 800-273-TALK (8255)
- As of July 16, you can also call, text, or chat [988](#) to [reach the lifeline's trained counselors directly](#).



CONSTRUCTION SUICIDE  
PREVENTION WEEK

Call, text or chat [988](#) for the National Suicide Prevention Lifeline.

Find resources at [construction-suicideprevention.com](https://www.construction-suicideprevention.com).