

TOOLBOX TALK

REDUCING THE STIGMA AROUND MENTAL ILLNESS



When you're struggling with your mental health, you might find yourself resorting to the old school mindset of keeping a stiff upper lip and fighting through it on your own. This method isn't healthy, and it's contributing to the high number of construction workers who are dying by suicide.

BY THE NUMBERS

- In 2020, nearly **1 in 5 adults in the United States were living with a mental illness.**
- Among U.S. adults, more than **12.5 million people had serious thoughts of suicide.**
- Substance abuse counts, too. In 2020 **1 in 15 adults struggled with both a substance use disorder and other mental illnesses.**

WHY IT MATTERS

If you find yourself struggling, know this: **You are not alone. Your mental illness is not your fault, nor is it anything to be ashamed of.** There are ways you can help reduce the stigma around mental illness, and possibly help our industry take a turn for the better when it comes to saving lives.

GOOD TO KNOW

- **Ask for help.** If you find yourself struggling, talk to your doctor about treatment options that might work for you. Talk therapy and medication are just two possibilities.
- **Avoid self-blame.** Your mental illness is NOT a weakness. Educating yourself about your particular illness, after talking with your doctor, can help you realize that you're not alone – no matter how isolated you may feel.
- **Find your people.** You have those in your life whom you love and/or trust. Don't keep them in the dark when you're struggling. Even if they aren't a medical professional, talking with others can help you feel better supported and less alone.
- **Know when to make the call.** If you're at a really low point, help is always available at the [National Suicide Prevention Lifeline](#). You can 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 [ConstructionSuicidePrevention.com](https://www.construction-suicide-prevention.com).