

# Mental Health and Suicide Prevention Toolbox Talk

**The Facts:** The Construction industry has the highest rate of suicide in the United States. In any given year, 1 in 5 Americans will experience a mental health challenge or crisis. (CDC, 2020)

Construction tool box talks usually focus on preventing a physical injury. As an industry, we are concerned about your physical and mental health. Today's toolbox talk is about mental health; yours, your coworkers, your family and your friends. By talking about mental health and suicide prevention, we are able to provide information and resources and provide a safe environment to do so.

## ***What makes construction workers vulnerable?***

- *We work in roles that are isolating*
- *Employment is dependent on economy*
- *Spending large amounts of time away from family and friends*
- *Chronic pain caused by manual labor*
- *Stress due to time constraints, work environment & poor sleep.*
- *Use of alcohol and mood altering substances to cope*
- *Stigma of mental illness encourages secrecy & isolation*



***The list can go on and on. We want to provide you with a way to address these issues and to recognize the signs and symptoms. Once recognized, you can then get the proper help to make sure that everyone goes home safely to our family and loved ones every day.***

## **You don't have to be a mental health worker to help someone who is struggling.**

### **WARNING SIGNS**

- Talking about self-harm
- Self criticism, self hatred
- Withdrawing from others
- Self-destructive behavior
- No hope for the future
- Decreased productivity
- Talking about being a burden
- Extreme mood swings
- Increased tardiness
- Absenteeism



**Call or text 24/7 for you or someone you know. Trained counselors on the line!  
Services in English & Spanish!**

### **PREVENTION TIPS**

- Don't ignore it – speak up if you're worried.
- Show your concern - say you've noticed they're acting differently and inquire why they don't seem like themselves.
- Respond quickly if you believe your friend/coworker is in crisis.
- Offer help and support.
- Call 988 -the suicide prevention and mental crisis hotline to help your coworker.