

# MENTAL HEALTH IN CONSTRUCTION



**More construction workers die from suicide & overdose each year than every other workplace-related fatality combined.**



**A 2020 study found 83% of construction workers have experienced a mental health issue (pre-pandemic).**



**Employees in the construction industry have nearly twice the rate of substance use disorder as the national average.**



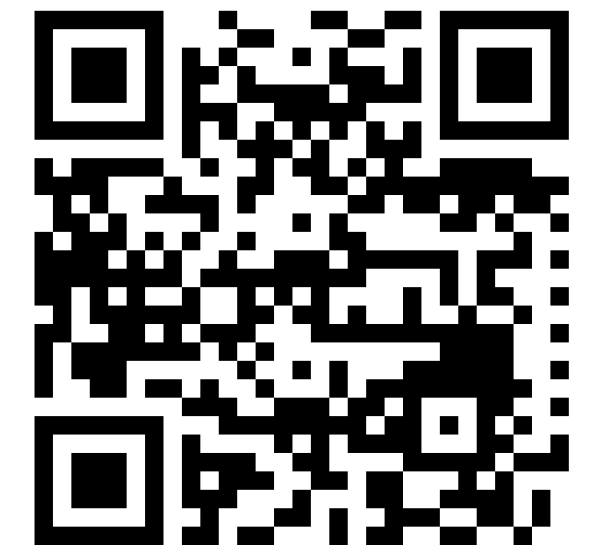
**12% of construction workers have an alcohol use disorder compared to 7.5% nationally.**



**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.**



**Construction workers are 7 times more likely to die from an opioid overdose and have the highest proportion of heroin-related overdose deaths.**



Sources:

American Addiction Centers, Centers for Disease Control and Prevention (CDC), Substance Abuse and Mental Health Services Administration (SAMHSA)

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