

Mental Health Awareness & Support in the Construction Industry



The construction industry is often referred to as a career path for “tough” people. However, the demands of the job can put a physical and mental strain on the toughest among us. With one in five construction workers reporting struggles with mental health issues, it’s important to recognize the warning signs, not only to maintain wellness, but also to avoid a problem becoming a crisis. **If you or someone you know is struggling, have the courage to take action and help keep us all safe.**

MENTAL & PHYSICAL WELLNESS

Being aware of your mental and physical wellness is essential to your overall wellbeing. Staying on top of it isn’t always easy, but keeping an eye on the warning signs can make a huge difference.

Potential Ways to Improve Your Mental Wellness:

- Be mindful/present
- Reduce stress
- Get quality sleep
- Properly cope with loss
- Strengthen your social connections
- Take time for yourself

ALCOHOL & SUBSTANCE ABUSE

If you’re struggling with alcohol or substance abuse issues, contact your Union’s Employee Assistance Program (EAP) or call Wisconsin’s Addiction Recovery Helpline at 2-1-1 or 833-944-4673 or SAMHSA’s (Substance Abuse & Mental Health Services Administration) National Helpline at 1-800-662-4357.

Potential Warning Signs of Alcohol Abuse:

- Repeated conflicts with family members, friends or co-workers
- Headache, anxiety, sleeplessness or an upset stomach when not drinking
- Recurring mood swings, depression or irritability
- Drinking alone or drinking in secret
- Trembling hands
- Increased tolerance of alcohol
- Using alcohol on a regular basis to relax, improve mood, sleep, deal with problems or feel “normal”
- Not being able to recall events while drinking, also called blackouts
- Red-faced and ruddy complexion, broken capillaries on the face

Potential Warning Signs of Substance Abuse:

- Change in complexion
- Blood-shot eyes
- Sudden weight loss
- Relationships conflicts, such as fights with loved ones and bosses, loss of friends
- Lack of motivation or follow-through
- Work or home responsibilities are being neglected

SUICIDE PREVENTION

If you’re struggling with mental health issues, contact your Union’s Employee Assistance Program (EAP) or call the Suicide Prevention Lifeline: 1-800-273-8255.

Potential Warning Signs of Suicide:

- Increased tardiness
- Talking about being a burden
- Withdrawing from others
- Self-criticism or self-hatred
- Expressing no hope for the future
- Extreme mood swings
- Giving away tools or other personal items that hold meaning or value
- Talking about self-harm, self-destructive behavior



Visit NIH for more information about mental wellness



Visit SAMHSA for more information about alcohol & substance abuse



Visit Lifeline for more information about suicide prevention