

Mental Health and Suicide Prevention in Construction

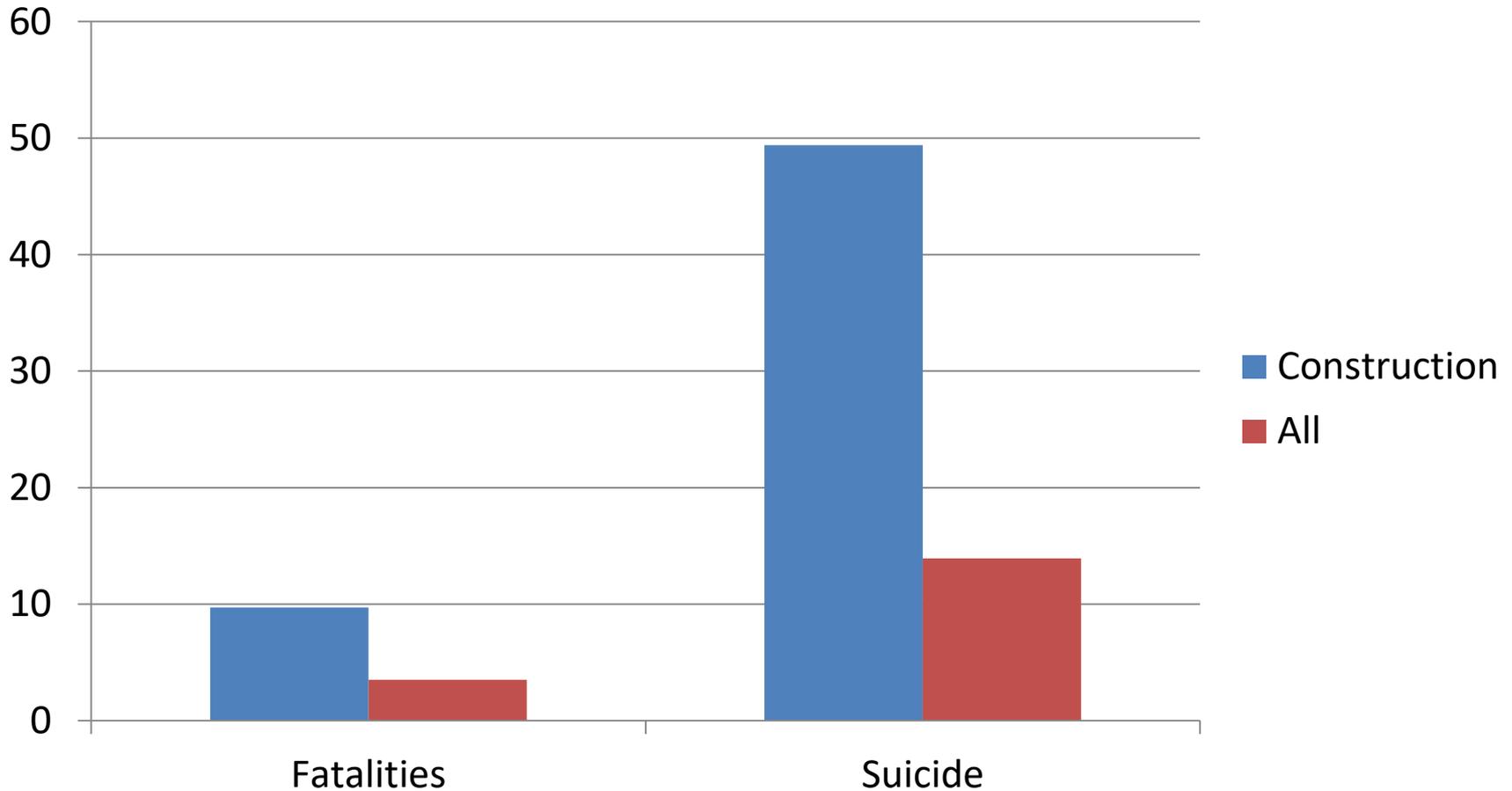
American Society of Safety Professionals, Greater Tidewater Chapter
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Laborers' Health & Safety Fund of North America
Construction Industry Alliance of Suicide Prevention



A Bar Chart is Worth 1,000 Words





It's not just construction

- Suicide is a societal issue:
 - 47,500 deaths in 2019
 - 13.9/100,000
 - 130 Per Day

Why are Suicide Rates so High in Construction



- Male dominated industry
- Strength, determination, grit – the same traits that can be a barrier to asking for help for mental health concerns
- Access to lethal means – firearms, tall places, pills
- Chronic pain from hard, physical labor
- Higher rates of drug and alcohol abuse
- Shift work or non-traditional hours →sleep disruption→depression
- Financial stress; no work no pay, lack of paid sick leave
- Time away from families→relationship stress, lack of support
- Multi-employer work structure
- Competitive and high pressure work environment
- All can contribute to mental health issues in addition to biological mental health issues

Why Men are at Greater Risk



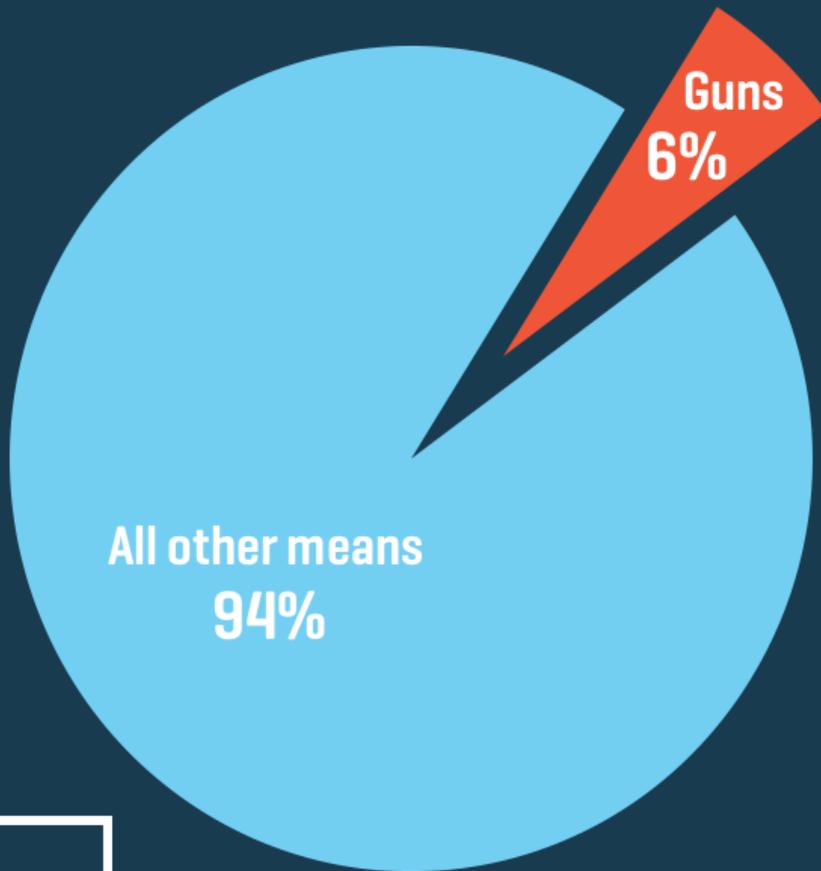
- Traditional male gender roles discourage emotional expression.
- Depression may be underdiagnosed in men.
- Men are less likely to seek help for emotional problems.
- Men may be more likely to self-treat symptoms of depression with alcohol and other substances.
- Men are also more likely to use lethal suicide methods.

Why it's Important to Address Mental Health

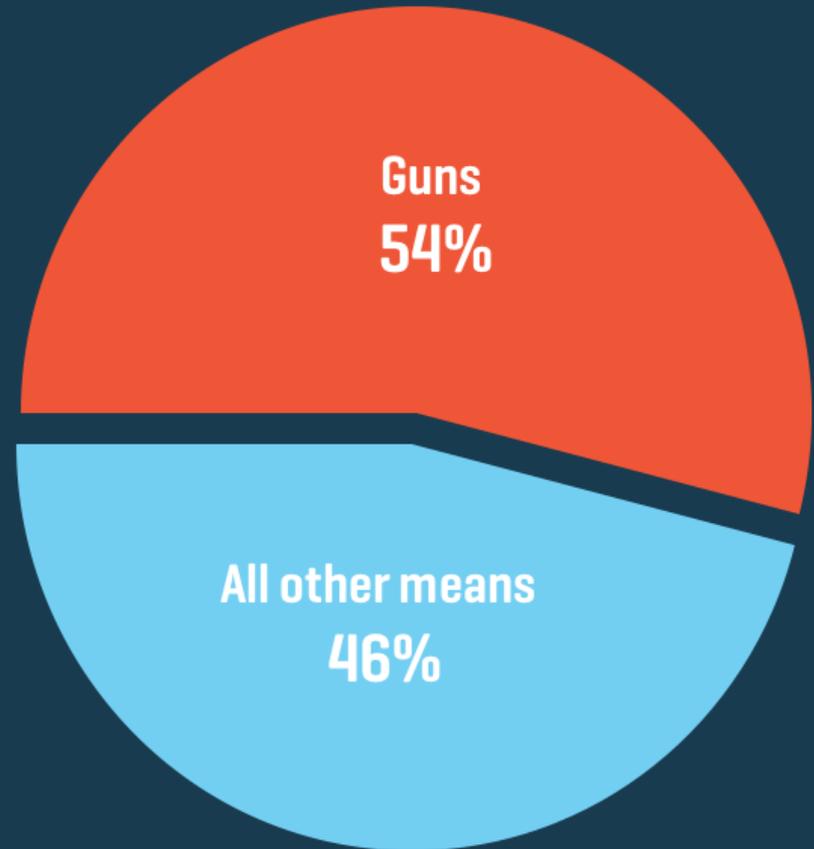


**GUNS AREN'T THE MOST COMMON WAY TO ATTEMPT SUICIDE.
BUT THEY ARE THE MOST FATAL.**

ALL SUICIDE ATTEMPTS



FATAL SUICIDE ATTEMPTS





Culture Change



Resources

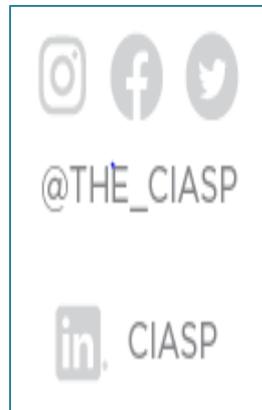
CIASP Resources

<https://preventconstructionsuicide.com/>



Resources

- Needs analysis & checklist
- Toolbox Talks
- Posters
- Wallet Cards
- Display Posters
- Hardhat Stickers
- Screening Tools
- Articles



Pledge

- Take the pledge to **STAND** up for suicide prevention
- **S**afe
- **T**raining
- **A**wareness
- **N**ormalize
- **D**ecrease

Take the pledge, download resources, order supplies, access free training and screening tools – all on the website

Suicide Prevention Resources



- American Foundation for Suicide Prevention
 - <https://afsp.org/>
- “Help Yourself. Help Others.”
 - Anonymous screening for mental health
 - <https://www.helpyourselfhelpothers.org/>
- Working Minds
 - Suicide Prevention in the Construction Workplace
 - <http://www.constructionworkingminds.org/>

Additional Resources



- [CPWR](#) – The Center for Construction Research and Training
 - Mental Health and Addiction page
- [AGCMO](#) – Associated General Contractors Missouri Chapter
 - Suicide Prevention in the Construction Industry





CRISIS TEXT LINE |

Text HELLO to 741741

Free, 24/7, Confidential

NATIONAL

SUICIDE

PREVENTION

LIFELINE™

1-800-273-TALK

1-800-273-8255

www.suicidepreventionlifeline.org



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
 Substance Abuse and Mental Health Services Administration
www.samhsa.gov

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 **Veterans
Crisis Line**

1-800-273-8255 PRESS 1

IT'S YOUR CALL

**Confidential help for
Veterans and their families**

Thank you for your time and attention.



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