

Mental Health and Suicide Prevention in Construction

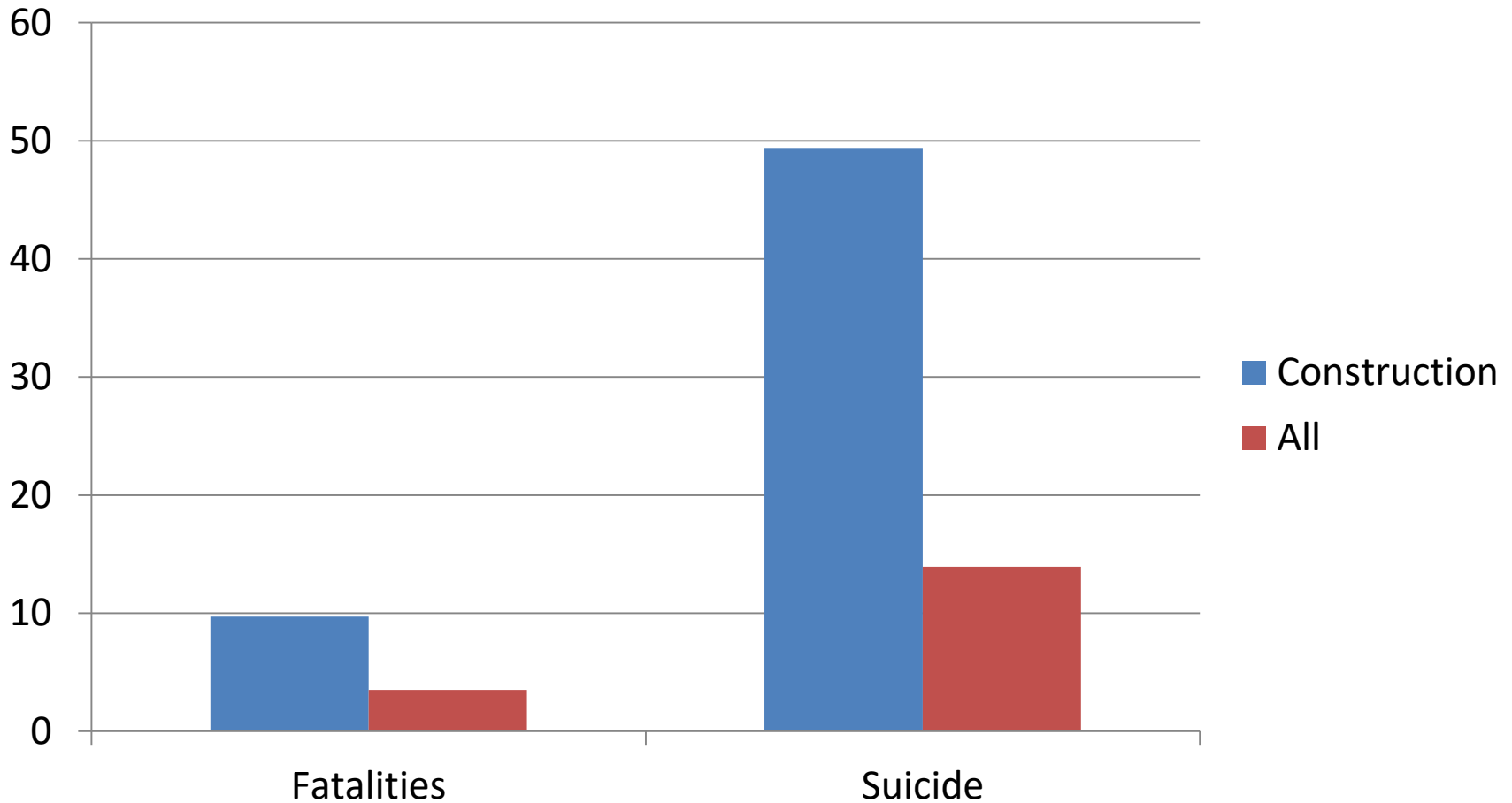
American Society of Safety Professionals, Greater Tidewater Chapter
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Laborers' Health & Safety Fund of North America
Construction Industry Alliance of Suicide Prevention



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



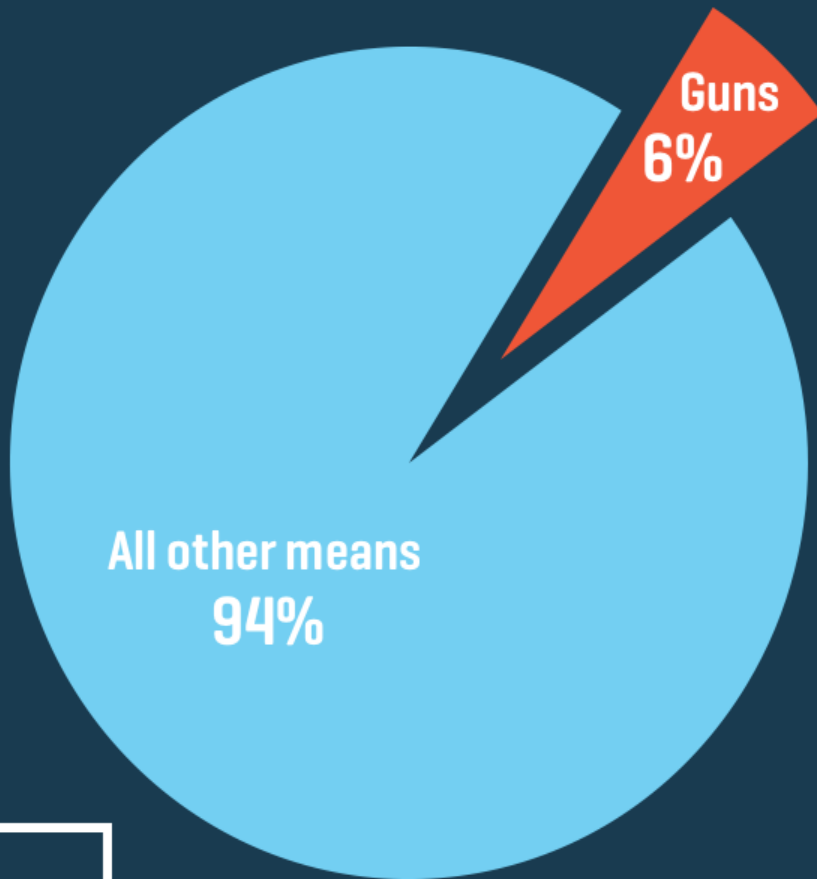
- Traditional male gender roles discourage emotional expression.
- Depression may be underdiagnosed in men.
- Men are less likely to seek help for emotional problems.
- Men may be more likely to self-treat symptoms of depression with alcohol and other substances.
- Men are also more likely to use lethal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

Why it's Important to Address Mental Health

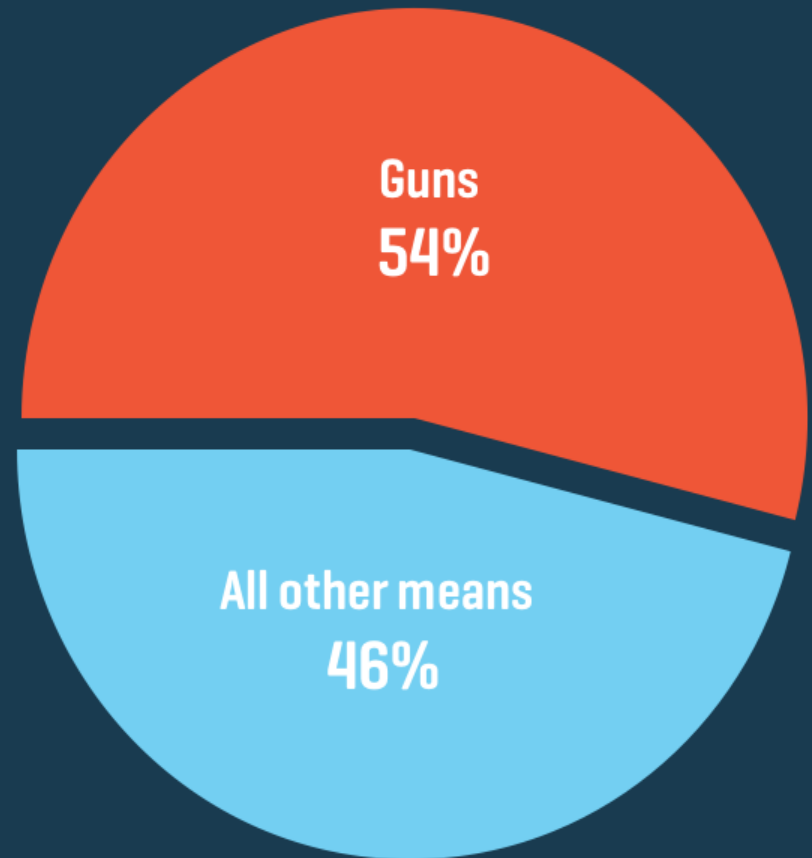


GUNS AREN'T THE MOST COMMON WAY TO ATTEMPT SUICIDE. BUT THEY ARE THE MOST FATAL.

ALL SUICIDE ATTEMPTS



FATAL SUICIDE ATTEMPTS





Culture Change



Resources

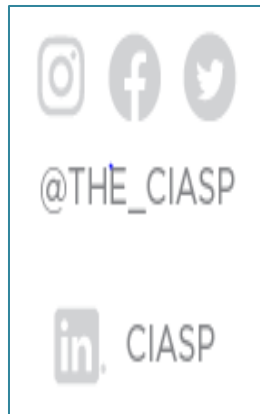
CIASP Resources

<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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