



MENTAL HEALTH STATISTICS



The construction industry is known for its physically demanding and often high-stress environment. Long hours, tight deadlines, and the need to constantly be alert for safety hazards can take a toll on our mental well-being. Despite the tough exterior many of us maintain, it's essential to understand that mental health challenges are common and can affect anyone. By talking about mental health honestly and looking at facts and statistics, we can reduce the stigma of talking about mental health and encourage seeking support.

LET'S REVIEW SOME KEY STATISTICS

40% of U.S. adults reported struggling with mental health or substance use and that 11% of U.S. adults seriously considered suicide.

In the U.S., ***you are more likely to die from suicide than an automobile accident or by homicide.*** We lose 47,500 people per year to suicide, 38,800 to automobile accidents, and 19,141 to homicide. This means you are 2.5 times more likely to die by your own hand than the hands of others.

The construction industry has one of the highest rates of suicide at 53.3 per 100,000 U.S. workers. That rate is four times greater than the national average and five times greater than that of all other construction fatalities combined.

70% of US Adults say they experienced one or more traumatic experience in their lifetime. Men were 10% more like to share they had experienced trauma. Traumatic experience can have a wide variety of effects, including PTSD (Post Traumatic Stress Disorder).

- 59% of people diagnosed with PTSD develop issues with substance use and dependence.
- Nearly 1 in 3 adults had either a substance use disorder or any mental illness in the past year
- ***14.3% of construction workers were diagnosed with a substance use disorder*** in the past year, more than 1 ½ times the average of all full-time workers surveyed

By proactively supporting mental health, we can reduce the prevalence of these challenges in our industry and we can provide resources and support when needed more readily.

If you or someone you care about is experiencing mental health challenges or challenges with addiction or substance abuse, you are not alone and there are resources to support a wide range of challenges that come up

Make sure and scan the mental health QR code and keep in handy if you need it for yourself or to share in the future.

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