



SUICIDE AWARENESS & PREVENTION



One Monday morning at the construction site, the crew gathered for their safety briefing, and the site supervisor, Mark, shared sad news about their coworker, Dave, who had died by suicide over the weekend. Dave, always friendly and hardworking, had been silently struggling, and his sudden death shocked everyone. This tragic event highlighted the need for vigilance and compassion, reminding everyone that their team extends beyond work to being a community that can save lives.

With Dave's story in mind, let's discuss how we can recognize the signs of someone in distress and what steps we can take to prevent these types of tragedies.

UNDERSTANDING SUICIDE

Suicide is a leading cause of death globally and significantly impacts the construction industry. Construction workers face unique stressors such as job insecurity, physical strain, and long hours.

Risk Factors can include Work-related stress, personal issues like financial problems, and mental health conditions.

Warning Signs can look like: Talking about wanting to die, feelings of hopelessness, withdrawal, increased substance use, and extreme mood swings.

DAILY ACTIONS TO SUPPORT PREVENTION

Creating an Open Dialogue

Encourage honest conversations about mental health and ensure team members know it's okay to seek help.

Notice changes in behavior or mood.

Approach with empathy, use supportive language, listen without judgment, and offer help.

Reduce Stigma

Participate in mental health awareness and suicide prevention training that is available

Promote Self-Care

Encourage regular breaks, balanced workloads, and stress-reducing activities.

HOW TO TAKE ACTION

In the event that you or someone you know is considering suicide, be prepared to take action to help save their life. And remember, you can ask for support in these situations as well.

- Be familiar with mental health resources and crisis hotlines like the National Suicide Prevention Lifeline (988) and other resources you can access using the QR code for yourself and those who need help.
- Encourage them to seek professional help and offer assistance in finding resources.
- If someone is in immediate danger, call emergency services and stay with them. Remove any means of self-harm if safe to do so.

Get Access to
Mental Health
Resources Now

