



UNDERSTANDING DEPRESSION & ANXIETY



Today, we're going to discuss mental health, specifically depression and anxiety. Mental health is just as crucial as physical health, especially in a high-stress environment like ours. Addressing mental health issues can improve individual well-being, safety, and productivity on the job site.

In construction, we face unique challenges that can contribute to mental health issues including long hours and physically demanding work, high pressure deadlines, risks of injury, and separation from family for extended periods of time. These stressors can lead to or exacerbate mental health challenges like depression and anxiety.

UNDERSTANDING DEPRESSION & ANXIETY

Depression is more than just feeling sad or having a bad day. It's a serious mental health condition that affects how a person feels, thinks, and handles daily activities. Symptoms may include:

- Persistent feelings of sadness or emptiness
- Loss of interest in activities once enjoyed
- Change in eating habits or weight (both weight loss and gain)
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Difficulty concentrating, remembering, or making decisions
- Feelings of worthlessness, guilty, or shameful
- In serious cases, thoughts of death or suicide

Anxiety involves excessive worry or fear that is hard to control and can interfere with daily activities.

Symptoms may include:

- Restlessness or feeling on edge
- Being easily fatigued
- Difficulty concentrating or mind going blank
- Irritability
- Muscle tension
- Sleep disturbances

In Emergency Situations: If someone is in immediate danger of self-harm or harm to others:

- **Do not leave the person alone.**
- **Call emergency services immediately.**
- **Remove any objects that could be used for self-harm.**

RECOGNIZING THE SIGNS

It's important to recognize the signs of depression and anxiety in yourself and your coworkers:

- Changes in mood or behavior
- Withdrawal from social interactions
- Decreased productivity or increased errors
- Frequent absences or lateness
- Complaints of physical symptoms like headaches or stomach problems

TAKING ACTION

- **Talk About It:** Encourage discussions about mental health. Sharing experiences can reduce stigma and help others feel less isolated.
- **Support Each Other:** Be supportive of colleagues who may be struggling. A kind word or a listening ear can make a big difference.
- **Know the Resources:** Familiarize yourself with the resources available to you, you can scan the QR code to get access now and for the future.
- **Take care of your own mental health by practicing self-care**
- **Seek Professional Help:** If you or someone else is struggling, encourage seeking help from a mental health professional.

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Mental Health
Resources Now





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