



MENTAL HEALTH IN CONSTRUCTION TOOLKIT



For Contractors Committed to Mental Health & Suicide Prevention

Build Stronger Teams. Saves Lives.

Mental health is jobsite safety. Contractors play a critical role in protecting not just the physical safety of their crews—but their emotional and mental well-being, too. This Virtual Mental Health at Work Kit equips contractors with practical tools to start the conversation, reduce stigma, and connect workers with real support.

WHAT'S INSIDE THE KIT?

1. Weekly Toolbox Talks (Download & Deliver)

Straightforward, easy-to-run talks you can build into daily huddles or safety meetings. Topics include:

- Mental Health 101
- Substance Use & the Workplace
- Suicide Prevention Starts With Us
- Normalizing the Conversation
- How to Ask for Help (and Offer It)

Each talk includes a leader script, key discussion points, and takeaways—designed specifically for construction crews.

2. Contractor-Focused Resource Library

All resources are available for free via WWCCA.org, including:

- Mental Health Awareness Posters
- Crisis Support Cards for Workers
- Customizable Jobsite Signage
- Union & Local Support Lines
- Links to Crisis and other Resources, both local and national

3. Communication Templates

Plug-and-play templates for company-wide emails, safety bulletins, and supervisor talking points to normalize mental health conversations from the top down.

4. Leadership Briefing (Optional Add-On)

A 30-minute virtual session for leadership teams on how to create a psychologically safe jobsite, spot warning signs, and encourage help-seeking.

WHY IT MATTERS

- Construction has one of the highest suicide rates of any industry.
- 1 in 5 construction workers reports struggling with mental health.
- A simple conversation can save a life.

Questions? Need Support? Reach out to Stephanie Lemek for guidance on how to roll this out with your teams.

Get Access to
Mental Health
Resources Now





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