



THE WOUNDED WORKFORCE™ PRESENTS:

BUILDING RESILIENCE

CONSTRUCTION MENTAL HEALTH CERTIFICATION™

WHAT WE COVER:



What Is Mental Health

Understand the basics of mental health - what it is and what it isn't and why it's important on the jobsite.

- Acknowledge that we all have mental health
- Understand the role and value of preventative care



Understanding Mental Health Challenges

Understand the basics of mental health challenges and disorders; including highlighting some of the most common challenges.

- Recognize signs and symptoms
- Your role in supporting mental health challenges
- Crisis Management



Substance Abuse

Annually, the Construction industry sees a diagnosis of substance abuse at a rate of one and a half times the overall adult population. Workplace injuries and culture can play a role in the prevalence of substance abuse.

- Learn about on site support available, including Naloxone (Narcan)



Suicide Prevention

Discuss the prevalence of suicide in the construction industry and understand warning signs.

- Emergency vs. Non-Emergency Support
- Intervention Strategies and resources



Building Resilience

We all face challenges in life, we can also use those challenges to build resilience.

- Build your own mental health resilience game plan
- Reduce stigma and normalize conversations about mental health
- Resources at the Ready

