

# SUICIDE PREVENTION: BUILDING A STRONGER COMMUNITY TOGETHER

*We care about your mental health and wellbeing*



In the construction industry, suicide rates are higher than the national average. According to the Centers for Disease Control and Prevention (CDC), construction workers have the highest rate of suicide among all occupational groups.

## LOOK OUT FOR WARNING SIGNS:

- Increased use of alcohol or drugs
- Mood swings or changes in behavior
- Withdrawal from friends and family
- Talking about feeling hopeless or trapped
- Talking about death or suicide
- Increased aggression or irritability
- Giving away personal belongings
- Making arrangements for after death

## TAKE ACTION:



**Encourage open communication:** If you are a supervisor or co-worker, create a safe and supportive work environment where individuals feel comfortable talking about mental health concerns.



**Educate yourself and others:** Learn more about the warning signs and risk factors of suicide in the construction industry. Share this information with your colleagues and promote mental health in your workplace.



**Take care of yourself:** Take care of yourself physically and mentally. Seek help if you are struggling with stress, anxiety, or depression. Encourage others to prioritize their mental health as well.

Remember, suicide is preventable, and help is available. Don't hesitate to reach out for support.

## GET HELP NOW

If you are thinking about suicide or are in need of help, there are several free resources that provide confidential support 24 hours a day, 7 days a week.

If you are concerned that a friend, family member or co-worker is at risk for suicide, you can also reach out to these resources for help.



**CRISIS TEXT LINE |**

**Text HELLO to 741741**  
Free, 24/7, Confidential

Construction Industry Alliance  
for Suicide Prevention: [https://  
preventconstructionsuicide.com/](https://preventconstructionsuicide.com/)