

WE STAND

**WE ALL
STAND
STRONGER
TOGETHER**

STANDUP

FOR SUICIDE PREVENTION

GET HELP

Know who to contact if you or someone you know is at risk of suicide

GET INFORMED

Learn why construction is the most at-risk industry for suicide deaths

GET STARTED

Pledge to STAND UP for suicide prevention and address it as a health and safety priority



INFORMATION & RESOURCES AT
preventconstructionsuicide.com



THE NATIONAL SUICIDE
PREVENTION LIFELINE AT
1.800.273.TALK (8255) or
suicidepreventionlifeline.org

CRISIS TEXT LINE |

TEXT HELLO TO 741741
Free, 24/7, Confidential
crisistextline.org

SAFE | TRAINING | AWARENESS | NORMALIZING | DECREASING

WE STAND

SPEAK UP TO

STANDUP

NEARLY
5X

AS MANY CONSTRUCTION
WORKERS DIE BY **SUICIDE**
THAN BY **ANY WORK RELATED**
ACCIDENTAL DEATHS

TAKE ACTION TO INTEGRATE MENTAL HEALTH & SUICIDE PREVENTION INTO YOUR WORKPLACE CULTURE.

- ◆ Bring corporate attention to building a caring culture in consideration of mental health
- ◆ Provide resources for employees dealing with a mental health issue/personal crisis
- ◆ Assess readiness of the company to assist suicidal employees
- ◆ Build protective factors
- ◆ Prepare for crisis response

Get the **Needs Analysis & Integration Checklist** along with many other helpful tools, from the Resources section of preventconstructionsuicide.com



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Recognize the Signs to Speak Up

WHAT ARE THEY SAYING?

- ◆ Talking about feeling trapped
- ◆ Saying they want to die
- ◆ Feeling like they are a burden to others
- ◆ Expressing hopelessness or helplessness
- ◆ Conflict or confrontations with co-workers

WHAT ARE THEY DOING?

- ◆ Increased tardiness or absenteeism
- ◆ Decreased productivity and problem solving
- ◆ Near misses, hits or other safety incidents
- ◆ Misusing drugs or alcohol
- ◆ Acting anxious, agitated or reckless
- ◆ Withdrawing from social groups and interactions
- ◆ Extreme mood swings

WHAT'S HAPPENING IN THEIR LIVES?

- ◆ Relationship issues
- ◆ Major life changes
- ◆ Loss of a loved one
- ◆ Financial difficulties
- ◆ Illness or injury

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RESOURCES

HELP IS WITHIN REACH



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Strength. Determination. Grit.

CHARACTER TRAITS THAT GET HARD WORK DONE.

The same traits can be a
barrier to asking for help.

SPEAK UP TO

STANDUP

**IT'S OK TO NOT BE OK. BE BRAVE – SPEAK UP
FOR YOUR TEAM. SPEAK FOR YOURSELF.**



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