

# MENTAL HEALTH AND SUICIDE PREVENTION

## Appendix: Additional Resources

CFMA Buckeye Conference  
Toledo, OH

September 22, 2021



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## CONTACT INFORMATION

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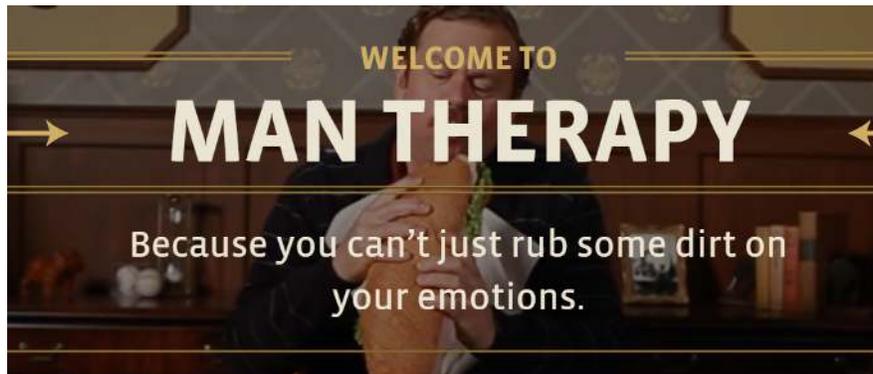
## Building a Caring Culture Whitepaper



Download: [https://think.holmesmurphy.com/WC-WP-Building-A-Caring-Culture\\_Brochure--Form-v3.html](https://think.holmesmurphy.com/WC-WP-Building-A-Caring-Culture_Brochure--Form-v3.html)



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USING HUMOR TO BREAK STIGMA OF MENTAL HEALTH  
DR. RICH MAHOGANY, MAN THERAPIST, IS **NOT** A REAL THERAPIST (BUT HE IS A REAL GUY...)



Man Therapy  
[www.ManTherapy.org](http://www.ManTherapy.org)  
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# Joyages

SUICIDE PREVENTION VIDEOS BY JOYAGES

[WWW.JOYAGES.COM/CONSTRUCTION/](http://WWW.JOYAGES.COM/CONSTRUCTION/)



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## Center for Workplace Mental Health

<https://workplacementalhealth.org/>

### Notice.Talk.Act.® Training at Work – Training for Managers

<https://www.workplacementalhealth.org/employer-resources/notice-talk-act-at-work>

### Mental Health Calculators

<https://www.workplacementalhealth.org/employer-resources/mental-health-calculators>

### Infographic: 5 Facts About Depression

<https://workplacementalhealth.org/employer-resources/infographic-five-myths-and-facts-about-depression>

### *Right Direction: Anti-Depression Campaign:*

<https://www.rightdirectionforme.com/>



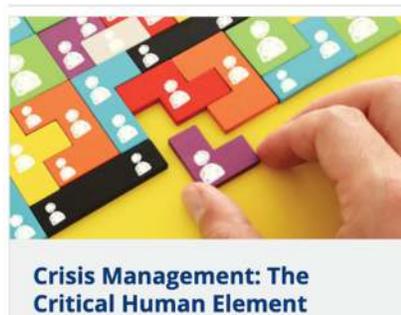
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## Workplace Suicide Prevention

- National guidelines for workplace suicide prevention
- Issued October 2019
- American Association of Suicidology
- In conjunction with AFSP & United Suicide Survivors United International
- 8 best practices guidelines  
<https://workplacesuicideprevention.com/>



## Crisis Management: The Critical Human Element



*Building Profits*; May/June 2021

<https://cfma.org/articles/crisis-management-the-critical-human-element>



*The VOICE*  
Construction User's Round Table (CURT)  
August 2021

<http://flip.matrixgroupinc.net/curt/2021/issue03/#page=30>



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## Why Employee Assistance Programs are Valuable During and After COVID-19



***Construction Business Owner; May 7, 2020***

<https://www.constructionbusinessowner.com/workforce-management/why-employee-assistance-programs-are-valuable-during-after-covid-19>



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Fading Away:  
Construction Leaders Speak Out About Mental Health

The  
**Human and Financial Costs**  
of Behavioral Health in Construction

*The VOICE*  
Construction Users Roundtable  
June 2021

<http://flip.matrixgroupinc.net/curt/2021/issue02/#page=30>

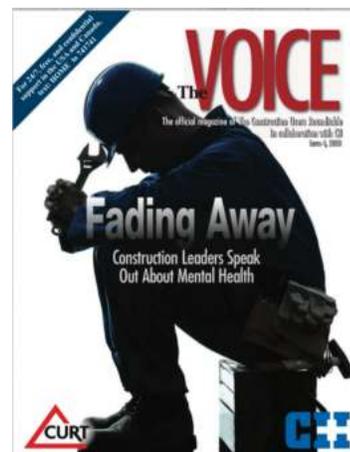


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Fading Away:  
Construction Leaders Speak Out About Mental Health

- Construction User Roundtable (CURT)
- Cover story: December 2020
- Co-authored by Darcy Gruttadaro & Cal Beyer
- Quarterly series of articles from April 2020 through 2022



<http://flip.matrixgroupinc.net/curt/2020/issue04/#page=18>



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## 2-Part Article on Chronic Pain



- **Part I: The Causes, Comorbidities and Consequences of Chronic Pain in Construction Workers (Jan 25, 2021)**

<http://www.constructionexec.com/article/the-causes-comorbidities-and-consequences-of-chronic-pain-in-construction-workers-part-1>

- **Part II: Alternatives to Opioids for the Management of Chronic Pain (Feb 1, 2021)**

<https://www.constructionexec.com/article/alternatives-to-opioids-for-the-management-of-chronic-pain-part-ii>



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## Fatigue Management



- **Special reports from National Safety Council on Fatigue:**

<https://www.nsc.org/work-safety/safety-topics/fatigue/survey-report>

- **Managing Worker Fatigue to Enhance Construction Workers' Mental Well-Being**
- <https://www.constructionexec.com/article/managing-worker-fatigue-to-enhance-construction-workers-mental-wellbeing>



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