

MENTAL HEALTH AND SUICIDE PREVENTION

Appendix: Additional Resources

CFMA Buckeye Conference
Toledo, OH

September 22, 2021



1

CONTACT INFORMATION

CAL BEYER
VICE PRESIDENT
WORKFORCE RISK & WORKER WELLBEING
CSDZ, A HOLMES MURPHY COMPANY

CELL: 651/307-7883
CBEYER@CSDZ.COM



© 2019 HOLMES MURPHY & ASSOCIATES

2

Building a Caring Culture Whitepaper

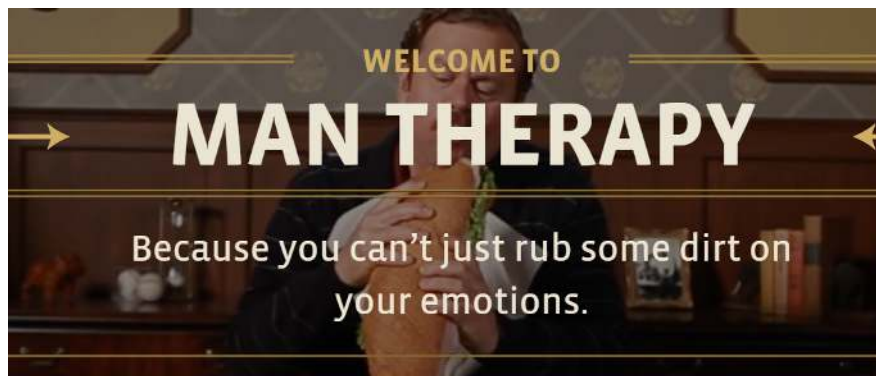


Download: https://think.holmesmurphy.com/WC-WP-Building-A-Caring-Culture_Brochure--Form-v3.html



CFMA EDUCATION

3



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

© Grit Digital Health 2020



© 2019 HOLMES MURPHY & ASSOCIATES

4



Joyages

SUICIDE PREVENTION VIDEOS BY JOYAGES

WWW.JOYAGES.COM/CONSTRUCTION/



© 2019 HOLMES MURPHY & ASSOCIATES

5

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/>



CFMA EDUCATION

6

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>



CFMA EDUCATION

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>



CFMA EDUCATION

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>



CFMA EDUCATION

11

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>



CFMA EDUCATION

12

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>



CFMA EDUCATION

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>



CFMA EDUCATION