

# CONSTRUCTION & SUICIDE

## PART I & II



## **Construction & Suicide Part II**

We know the dangers that come from working on an active construction site, as employee's we talk about them frequently during Toolbox Talks, but what about those dangers that are not work related when you're off the job?

### **By The Numbers**

- In multiple years, the CDC and Prevention found construction to be the number one occupational group with male suicides (15% in 2012, 16% in 2015)
- In the general population, suicide occurs in 27 out of every 100,00 people. In construction, the number is 53.3 suicides per 100,00 workers.
- In the U.S., there are approximately 123 suicides per day which breaks down to one death every 12 minutes.

Take this opportunity to expand your awareness, skills, and resources to help save lives! Do everything in your power to help save our fellow teammates.

***Suicide is one of our industries "best kept secrets," and it's killing us. Literally.***

## **Reducing the Stigma around Mental Illness** **Part III**

Struggling with mental health can be extremely challenging. You may find yourself resorting to the old school mindset of being tough & fighting through it on your own. This is unhealthy and is contributing to suicide deaths.

### **By The Numbers**

- In 2020, nearly 1 in 5 adults in the U.S. were living with a mental illness.
- Among U.S. adults, more than 12.5 million people had serious thoughts of suicide.
- Substance abuse counts, too. In 2020, 1 in 15 adults struggled with both a substance use disorder and other mental illnesses.

**If you are struggling, know this. You are not alone. Your mental illness is not your fault, nor is it anything to be ashamed of.**



### Ignore The Stigma, Do What's Needed!

- Ask for help. If you are struggling, talk to your doctor. Therapy and/or medication or just two possible treatment options.
- Avoid self-blame. Your mental illness is not a weakness. Educating yourself about your illness, can help you realize that you're not alone – no matter how isolated you may feel.
- Find your friends and family members. Talking with others that are going through similar issues can be extremely helpful. Don't keep those feelings to close to you that your loved one get caught off guard or can't trust yourself in the dark with your struggles. Many times, they are wanting to help and just need that moment when the window is opening.
- Know when to make the call. If you are at a low point, help is always available.
- Learn more about depression by logging in at [www.theEAP.com/TotalCare-EAP](http://www.theEAP.com/TotalCare-EAP), click on the "Emotional Wellness" tile and choose **Depression** from the drop-down menu. Or scroll to the menu at the bottom of the page and click "Assessments" to take a brief, confidential online **Depression Screening**.
- (There are other screenings you can take for your physical or mental health there, too.)
- If you or a loved one are in crisis or need immediate help, **call, text, or chat 988 for the Suicide & Crisis Lifeline**. This 3-digit number offers a memorable, easy path to access services. The Lifeline offers free, confidential support to people in suicidal crisis or mental health-related distress 24 hours a day, 7 days a week, across the U.S.

Just as you seek care for your physical health, it's equally important to care for your mental health. Don't wait to get help if you are in pain.

*We're all in this together. Make sure the people around you know it!*