



Toolbox Talk

Topic: Mental Health Awareness

According to a recent study from the Centers for Disease Control and Prevention (CDC), more male construction workers take their lives than any other industry. The CDC report showed that the 2015 suicide rate for men in construction was 53 per 100,000 – that is four times higher than the overall suicide rate.

Some contributing factors prevalent to our industry:

- Competitive, high-pressure work environments
- Long or unusual hours (especially transitions from day to night shifts)
- A higher prevalence of alcohol and substance abuse
- Separation from families
- Long stretches without work

Know the signs:

- Increased tardiness and absenteeism
- Decreased productivity and self-confidence
- Isolation from co-workers
- Agitation and increased conflict among co-workers

What can you do?

- Supervisors and leaders can **talk to workers** about what they're experiencing. Review work schedules for time off and try to limit overtime hours for long stretches.
- **Listen.** Sometimes they just need an outlet. Don't minimize their struggle. Try to support them any way you can.
- **Ask direct questions.** Difficult as it may be, it's important to be direct about the topic of suicide and to approach it in a way that is compassionate and empowering. Let the person know that someone is there to provide them partnership and support throughout their struggle.
- **Direct them to qualified resources.** Once you've started the conversation and brought underlying issues to the surface, the important next step is to put the person in touch with the appropriate resources.

If you or someone you know has suicidal thoughts, the National Suicide Prevention Lifeline can be reached at 1-800-273-TALK.

Source:

CDC. Suicide Rates by Major Occupational Group — 17 States, 2012 and 2015. https://www.cdc.gov/mmwr/volumes/67/wr/mm6745a1.htm?s_cid=mm6745a1_w

Boston News 25. Study finds staggering suicide rate for construction workers. <https://www.boston25news.com/news/study-finds-staggering-suicide-rate-for-construction-workers/938103838/>



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Date:

Presented by:

Organization/Department Name

Attendee Printed Name	Signature

Comments: