

Suicide Prevention in Construction

5 Things You Should Know

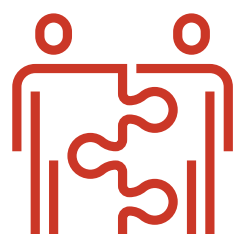


The construction industry has one of the highest suicide rates of any occupation. Suicide deeply impacts workers, families, and communities. Fortunately, like other workplace fatalities, suicides can be prevented. Everyone in the construction industry has a role to play in suicide prevention. Below are 5 things to know about preventing suicide.

1
BE AWARE

Everyone can help prevent loss by suicide.

Mental health and suicide can be difficult to talk about—especially with work colleagues—but your actions can make a difference. When you work closely with others, you may sense when something is wrong.



2
PAY ATTENTION

Know the warning signs of suicide.

There is no single cause for suicide but there are warning signs. Changes in behavior, mood, social media posts, or even what they say may signal someone is at risk. Take these signs seriously. It could save a life.



3
REACH OUT

Ask "Are you okay?"

If you are concerned about a coworker, talk with them privately, be compassionate, and listen without judgment. Encourage them to reach out to your Employee Assistance Program (EAP), Member Assistance Program (MAP), the human resources (HR) department, or a mental health professional.



4
TAKE ACTION

If someone is in crisis, stay with them and get help.

If you believe a coworker is at immediate risk of suicide, stay with them until you can get further help. Contact emergency services or the [988 Suicide & Crisis Lifeline](https://www.988lifeline.org/).



5
LEARN MORE

Suicide prevention resources are available.

- Call or text the Suicide & Crisis Lifeline at 988.
- Visit the American Foundation for Suicide Prevention website (www.afsp.org) and the Construction Industry Alliance for Suicide Prevention website (www.preventconstructionsuicide.com) to learn more about suicide risk factors, warning signs, and what you can do to help prevent suicide.
- Visit OSHA's website (www.osha.gov/preventing-suicides).

