

SUICIDE PREVENTION IN THE CONSTRUCTION INDUSTRY



WHY THIS MATTERS

Construction has one of the highest suicide rates of any industry.

Stress, long hours, chronic pain, substance misuse, and job insecurity all contribute.

Talking openly can save lives and strengthen team culture.



RISK FACTORS IN CONSTRUCTION



- High-pressure deadlines & physically demanding work
- Seasonal or uncertain employment
- “Tough-guy” culture / stigma around asking for help
- Chronic pain, injuries, and opioid exposure
- Isolation (travel, remote sites, long shifts)

WARNING SIGNS TO WATCH FOR

- Withdrawing from coworkers or family
- Talking about hopelessness or feeling trapped
- Increased anger, irritability, or risky behavior
- Changes in sleep, mood, or attendance
- Increased alcohol or drug use
- Giving away belongings or saying goodbyes



HOW TO START THE CONVERSATION

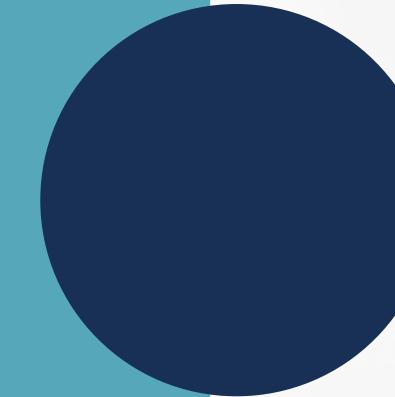
Simple, direct steps:

Ask: "You don't seem yourself. Are you feeling overwhelmed?"

Listen: Let to them talk without judgment.

Support: "You're not alone. I'm here with you."

Connect: Help them reach a supervisor, EAP, or crisis line.

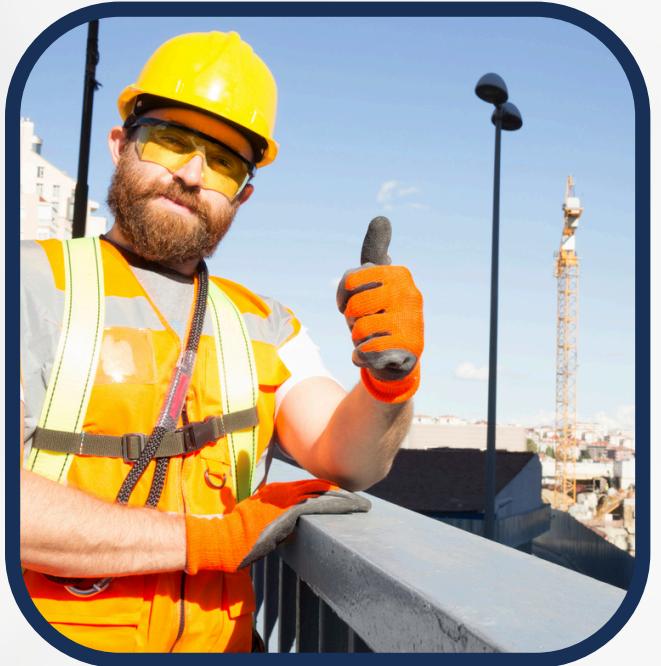


BUILDING A SUPPORTIVE WORKPLACE

- Make mental health part of everyday safety talks
- Encourage breaks and realistic workloads
- Promote peer support: “We look out for each other”
- Share resources regularly, not just after incidents
- Reduce stigma—asking for help is a sign of strength



WHAT YOU CAN DO TODAY



- Check in with a coworker who seems “off”
- Normalize talking about stress and mental health
- Know your company's support resources
- Save crisis hotline numbers in your phone
- Remember: Small conversations can prevent tragedies

WHERE TO GET HELP



Emergency:
Call your local
emergency number



Suicide & Crisis Lifeline
Call/Text 988