

A construction site at sunset. Three workers in safety vests and hard hats are working with a large concrete bucket being lowered by a crane. The scene is set against a backdrop of hills and a cloudy sky with the sun low on the horizon. The workers' vests have the Ames Construction logo and the slogan "Safety is job 1".

# POWERED BY PEOPLE

## MENTAL HEALTH IN CONSTRUCTION



Ames Construction

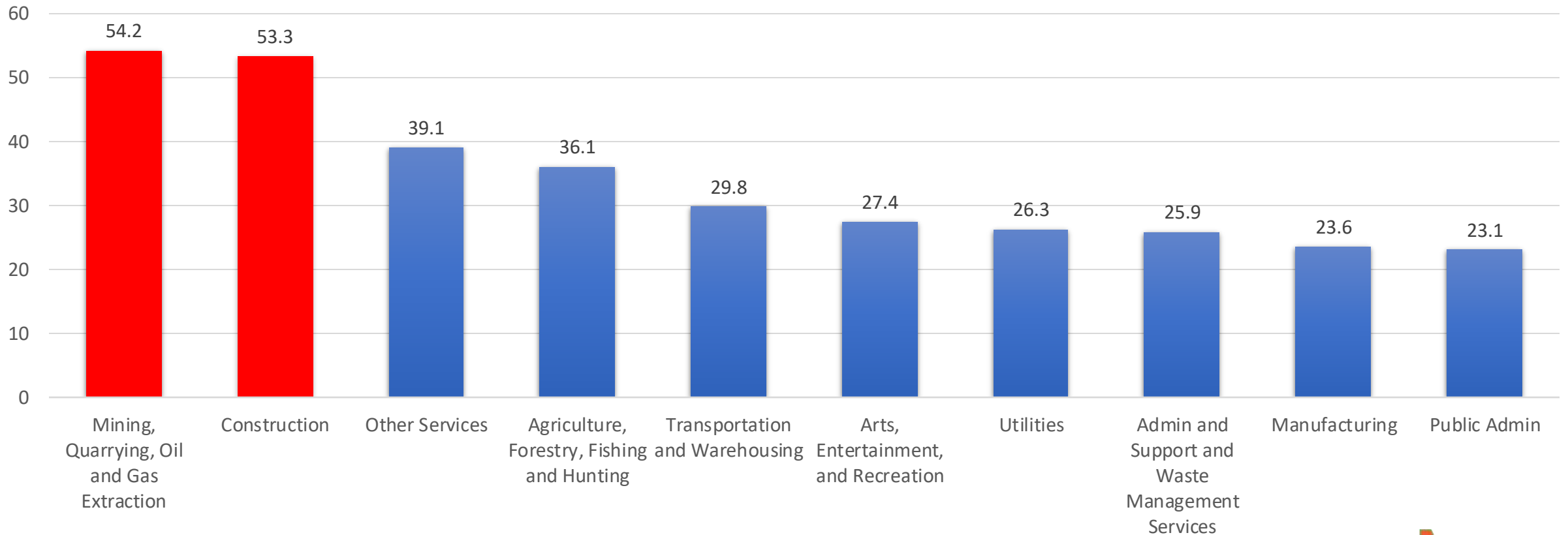
DID YOU KNOW?

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**You are 5 times more likely to lose a coworker to suicide than to a work related illness or injury!**



## Top 10 Industries at Risk for Suicide for Men





# Why is this Happening?

**Studies show that one reason may lie in the composition of our workforce, these industries are male dominated.**

- **9 out of every 10 construction workers are men.**
- **Men die from suicide 3.5 times more than women**
- **6.5 of every 10 construction workers are white**
- **Suicide rates are highest amongst middle aged men – White men in particular**
- **1.5 of every 10 construction workers are veterans**
- **Veterans are 50% more likely to die by suicide than the general population**

# Why is this happening?

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- **Culture**

- *Tough in nature*
- *Away from family and support structures*
- *Addiction*
- *Peer Pressure*

- **Work-Life Balance**

- *Stress*
- *Long hours*
- *Travel*
- *Relationships*
- *Sleep disruptions*
- *Instability*



# What to LISTEN for!

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## TALK – IF A PERSON TALKS ABOUT....

- *Killing themselves*
- *Feeling hopeless*
- *Having no reason to live*
- *Being a burden to others*
- *Feeling trapped*
- *Unbearable pain*

**Art of listening is creating an environment in which the other person feels heard, feels seen and feels understood.**

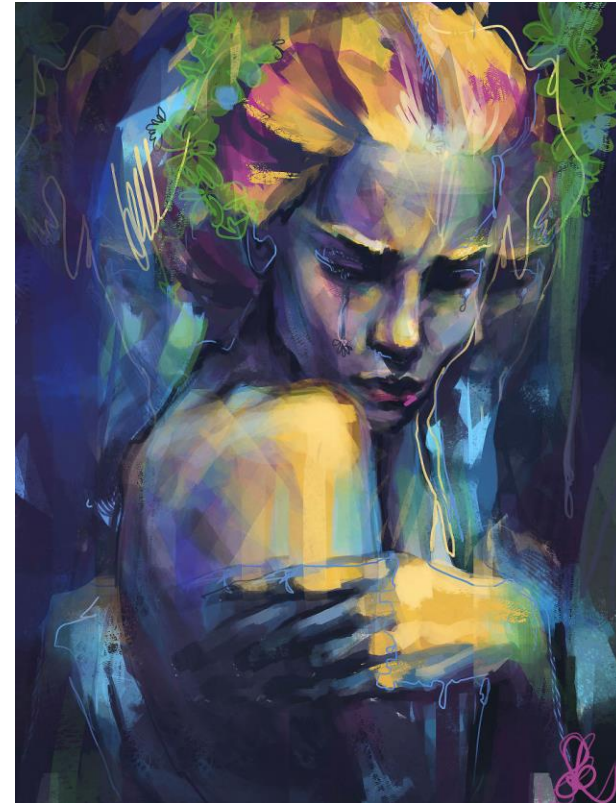
- by Simon Sinek

# What to LOOK for!

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## Behavior – Especially after painful event or a loss!

- *Increased use of alcohol or drugs*
- *Withdrawing from activities*
- *Isolating from friends and family*
- *Sleeping to much or to little*
- *Visiting or calling people to say goodbye*
- *Giving away possessions*
- *Aggression*
- *Fatigue*





# What Can we Do?

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- 1. Understand our environment**
- 2. Understand the issues**
- 3. Understand our resources**



<https://988lifeline.org/>

## About National Suicide Prevention Month

**September is National Suicide Prevention Month.** All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

**National Suicide Prevention Week** is the Monday through Sunday surrounding World Suicide Prevention Day. It's a time to share resources and stories, as well as promote suicide prevention awareness.

**World Suicide Prevention Day is September 10.** It's a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most.

**LEAD!!**

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**<https://988lifeline.org/promote-national-suicide-prevention-month/>**



# What Role Do We Play?

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**The most important role of a construction professional is to de-stigmatize mental health, and serve as the bridge that connects the workers needing support with qualified medical professionals.**

THANK YOU!

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**PEOPLE**

