

LET'S TALK

MENTAL HEALTH



# Suicide Awareness

**CONSTRUCTION HAS 2<sup>ND</sup> HIGHEST RATE of suicides among all occupations, THREE TIMES the general population!**

*Suicide is the 10th leading cause of death in the US*

*In 2020, men died by suicide 3.6x more often than women*

*There were nearly 48,344 suicides in the US in 2020\* and 1.4 million suicide attempts*

*\*more deaths than motor vehicle crashes*

## Why the construction industry?

- Male dominated industry with a macho culture
- High job stress - demanding schedules, seasonal work, layoffs, long hours, frequent travel
- Injuries and chronic pain; sometimes treated with opioids
- High rates of alcohol and drug use

## So what do we do?

- Talk about it! Make it part of the safety conversation
- Learn to recognize the warning signs in yourself and others
- Seek help from national and local resources



*Two months into a new project, I realized I had underbid by \$100,000. The pressure mounted, though I didn't talk about it with my wife or the subcontractors on the job. I thought about my life insurance policy and thought to myself, 'this money issue gets solved if you're not around'. It was like an itch that kept talking to me and talking to me. I thought of how my two-year-old son would probably never remember me.*

*I called a suicide hotline three times. One person on the other end of the line told me that if I took my own life, my wife and son had a 50% greater chance of trying the same thing. That put me back in my chair. I couldn't put that kind of burden on them. I didn't want them to think it's an okay thing.*



**Recognize It**  
Look out for common signs and symptoms



**Talk About It**  
Connect with someone you trust to share your concerns



**Support Others**  
Let them know you there to listen and find help if needed



**Get Help**  
Reach out to your doctor for support and guidance

**Call or text - 988**  
[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)



# SIGN IN

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*Scan for mental health resources*



**HOLD ON PAIN ENDS**



**AGCMO**  
MISSOURI CHAPTER  
THE CONSTRUCTION ASSOCIATION