



FOR

**SUICIDE PREVENTION**

**NEED TO TALK?  
CALL OR TEXT**

**988**

# FACT SHEET

- It is estimated 1 in 5 adults are living with a mental illness. Less than half are seeking treatment.
- The construction industry has the second-highest suicide rate of all major industries in the U.S.
- Nearly 38,000 people aged 16 – 64 died by suicide in 2017, a 40% rate increase in less than 20 years.
- Male construction workers have a suicide rate 65% higher than all U.S. male workers.

Encourage co-workers to talk about mental health and foster a judgement-free environment.

## Why are mental health disorders so prevalent in the construction industry?

- High pressure, competitive and high-risk work environments
- Physical and mental exhaustion from long hours, long commutes and physically demanding work
- Injuries and chronic physical pain
- Seasonal layoffs and financial stress

## Know the warning signs

If someone is exhibiting any of these symptoms, they could be struggling:

- Talking about suicide
- Self-loathing, self-hatred
- Withdrawing from others
- Self-destruction
- Hopelessness
- Decreased productivity
- Talking about being a burden
- Extreme mood swings
- Increased tardiness or absenteeism

## Take action

- Show your concern
- Respond quickly
- Offer help and support
- Call 988 for ideas to help your co-worker

Every suicide is preventable—even one suicide is too many.

