



NRCA

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.
- 84.3% of construction workers who reported anxiety or depression did not see a mental health professional in the past 12 months.
- There were 5,200 deaths by suicide among construction workers in 2022 compared with 991 work-related injuries, second only to 17,100 overdose deaths.

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

## Top reasons someone may not seek help

- Shame/stigma
- Fear of judgment by peers
- Fear of job consequences
- Lack of knowledge on how to access care

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

## Know the warning signs

- Talk of suicide
- Self-loathing, self-hatred
- Withdrawal from others
- Self-destructive behavior
- Hopelessness/talk of being a burden
- Decreased productivity/increased tardiness or absenteeism
- Extreme mood swings

## Take action

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



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