SAFE

TOOLBOX TALK:

Mental Health & Suicide Prevention as a Safety Priority

YOU ARE NOT ALONE. #LEANLIUNA

STANDUP

In construction it is typical for us to discuss physical safety on a daily basis. For many years, the focus of our work plans has been on keeping ourselves and our co-workers safe from bodily harm. What we have not typically talked about is our mental health, and now is the time to include mental wellness as part of our overall total worker safety.

You might be shocked to know that construction workers have the highest suicide rate of any other occupation. As much effort as goes into keeping your fellow crew members safe each shift – would you consider putting that same effort in to making sure they return to work tomorrow safe as well?

1 in 4 or 5 adults are currently experiencing a mental health condition like depression or anxiety, or maybe something even more severe like bi-polar disorder. In most cases and with proper treatment, these conditions can be managed and overcome with those experiencing them having full and productive lives.

However, if these are ignored and not treated, as they are more than half the time, these conditions can lead to people being distracted, less productive than normal, and possibly unsafe and unable to perform their normal jobs. Because of this, mental health and suicide prevention need to be safety considerations.

In your safety huddles, check in on how your teammates are doing. Pay attention to those who may be acting or performing differently than normal and ask if they need to talk. Keep information on your EAP, the Suicide Prevention Lifeline and the Crisis Text Line available to share with those who might need to seek help.

Remember, safety starts with what's **under** the hardhat.

CONSTRUCTION INDUSTRY ALLIANCE FOR SUICIDE PREVENTION

INFORMATION & RESOURCES
preventconstructionsuicide.com

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CALL 988
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crisistextline.org

CRISIS TEXT LINE

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