TRAIN

TOOLBOX TALK:

How to Talk to Someone at Risk of Suicide

STANDUP

If you are on a construction jobsite, it is almost certain that you have participated in safety training. Depending on your craft or trade, you may know about working around trenches, using fall protection, electrical safety and many other physical safety topics. These are all important to keeping you and your co-workers safe from physical harm each day.

Have you ever thought about what you would do or how you would handle the situation if you thought someone was at risk of killing themselves? The good news is, there is training available for that. Here are the basics of the TASC model from the LivingWorks Suicide Prevention training:

T - Tune In – pay attention, has their behavior changed? Are they not as talkative or engaged as they normally are? Do they say things like "it would be better if I weren't here" or "I wish I could just die"? Are they having a lot more near misses or just aren't producing like they normally do? All of these can be signs to watch for.

A - Ask – clearly and without judgement "Are you thinking about suicide?" or "Are you thinking about killing yourself?" These are hard questions to ask but are so important. Don't say "you're not thinking of doing something stupid?" or anything that will make them feel worse and not encourage them to talk.

S - State – tell them "Suicide is serious and it is permanent. Your problems aren't so big that they are worth dying for." Let them know that you care about them and that you, their family, everyone in their life, needs them to be here.

C - Connect – help them get the help that they need. You don't have to be the one to solve their problems – but you can be sure that they access help and stay with them and keep them safe while they do. Start with your EAP, the Suicide Prevention Lifeline or Crisis Textline.

These conversations take courage to have, but they could save a life!

CONSTRUCTION INDUSTRY ALLIANCE FOR SUICIDE PREVENTION

INFORMATION & RESOURCES
preventconstructionsuicide.com

988 SUICIDE & CRISIS LIFELINE

CALL 988
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crisistextline.org

CRISIS TEXT LINE

TEXT HELLO TO 741741
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