



Contact:

Sally Spencer-Thomas, Psy.D., President
United Suicide Survivors International, Inc.

SallySpencerThomas@gmail.com

720-244-6535

FOR IMMEDIATE RELEASE

New Advanced Training for Managers to Help Construction Industry Mitigate Suicide Risk

Program Launches Today after Pilot with 1000 Supervisors

Colorado. September 20, 2021. In 2018 approximately 1000 construction workers died on the job. In that same year, about 5,400 construction workers died by suicide. Knowing this data, many construction organizations are moving beyond basic mental health awareness programs and building comprehensive strategies for suicide prevention and mental health promotion. A part of this effort is to empower managers to build effective skills in tackling the issues directly and compassionately with workers they are concerned about. Today, United Suicide Survivors International in partnership with Dr. Sally Spencer-Thomas launch the advanced training for managers and supervisors in the construction industry. More:

<https://www.constructionworkingminds.org/>.

The highly interactive, semi-customizable and evidence-based 3 ½ hour training just completed its pilot phase with upwards off 1000 managers and leaders across the nation. 92% found the training “helpful” or “very helpful.” Participants demonstrated significant shifts in pre- to post-tests:

Learning Objective	Before the Training (felt good or excellent about their understanding)	After the Training
Respond after a suicide crisis	18%	75%
Reduce access to lethal means	46%	78%
Understand and promote resources	29%	88%
Improve mental health literacy	27%	83%
Reduce bias about mental health	34%	87%
Engage in a collaborative process of support	54%	88%

Create a culture of care	60%	91%
Active listening	67%	93%
Know what to expect from the National Suicide Prevention Lifeline	32%	87%
Know what to expect from the Crisis Text Line	26%	85%

Here is what participants are saying:

“[The training] provided lots of good information about how to recognize and deal with mental health issues. It is not second nature to most of us.”

“Role playing was good to break the hesitancy to use specific language and to provide experience in addressing the conversations.”

“The [anonymous] surveys [on lived-experience with mental health, addiction and suicide] make you understand we are all going through things.”

“Breaking the ice of a topic I wasn’t comfortable with. Talking about this brings up a ton of ‘wish I had this information earlier.’”

The training was developed by Dr. Sally Spencer-Thomas, a psychologist, lead author on the National Guidelines for Workplace Suicide Prevention, and founder of the Construction Working Minds program.

For more information visit <https://www.constructionworkingminds.org/>.

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About the United Suicide Survivors International, Inc.

United Suicide Survivors International (founded 2016) is an independent international membership organization that serves as a home for people who have experienced suicide loss, suicide attempts and suicidal thoughts and feelings, and their friends and families -- collectively known as people with lived experience with suicide – to leverage their expertise for large scale change. We envision a world where lived expertise becomes the fulcrum that leverages all suicide prevention efforts. We put the lived expertise of suicide attempt and loss survivors into action through leadership, collaboration and advocacy. www.UniteSurvivors.org

About Sally Spencer-Thomas, Psy.D.

Sally Spencer-Thomas is a clinical psychologist, inspirational international speaker and an impact entrepreneur. Dr. Spencer-Thomas was moved to work in suicide prevention after her younger brother, a Denver entrepreneur, died of suicide after a difficult battle with bipolar condition. Known as an innovator in social change, Spencer-Thomas has helped start up multiple large-scale, gap filling efforts in mental health including the award-winning campaign [Man Therapy](#) and is the

lead developer of the [National Guidelines for Workplace Suicide Prevention](#) and [Construction Working Minds](#). She currently serves as the Co-Chair for the Workplace Special Interest Group of the International Association for Suicide Prevention, the Secretary for the [American Association of Suicidology](#) and the President of [United Suicide Survivors International](#). Connect with Sally at www.SallySpencerThomas.com and on Facebook (@DrSallySpeaks), Twitter (@sspencerthomas) and LinkedIn.