



# We are all in this together.

And together, we can wipe out the stigma surrounding mental health.

**Construction workers are statistically at a higher risk for mental health issues than virtually every other profession.**

In fact, our industry ranks 9th when it comes to suicide. There are a multitude of reasons why the odds are stacked against us, including the general demographics of our workforce as well as the nature of the work we do.

If you or someone you know is feeling depressed or suicidal, both you and they are not alone. **There are others in our industry who can relate, and more importantly, others who can help.**

**NATIONAL**  
**SUICIDE**  
**PREVENTION**  
**LIFELINE**  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**Be alert for these warning signs:**

- Increased tardiness and absenteeism
- Decreased productivity
- Decreased self-confidence
- Isolation from peers
- Agitation and increased conflict among co-workers
- Increased feelings of being overwhelmed
- Decreased problem solving ability
- Legal and illicit substance abuse
- Near hits, incidents and injuries

**BUILDING A ZERO SUICIDE INDUSTRY.**

BROUGHT TO YOU BY THE CONSTRUCTION INDUSTRY  
PARTNERSHIP FOR SUICIDE PREVENTION

 **CONSTRUCTION  
FINANCIAL  
MANAGEMENT  
ASSOCIATION**

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