

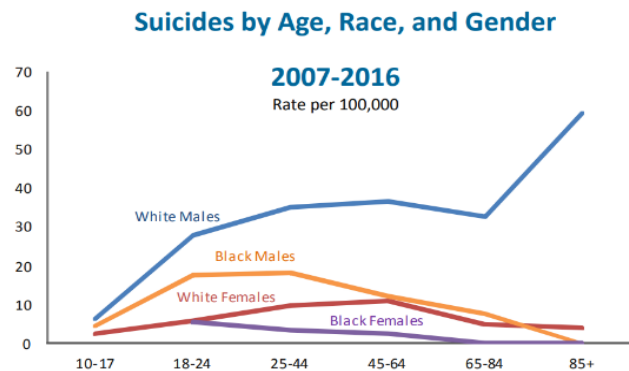
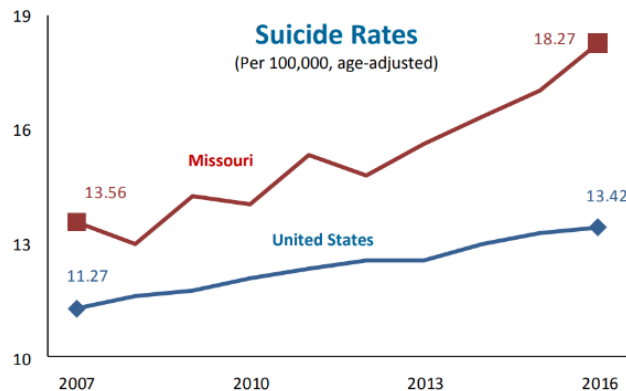
### Suicide Prevention Week – Day 1

Addressing Suicide and Mental Health in Construction

### Topic of the Day: The State of Our Industry

#### How big is the suicide problem?

- Suicide is the 10<sup>th</sup> leading cause of death in the US and it's getting worse.
- Nearly 45,000 suicides in the US in 2016 (more than deaths from motor vehicle crashes).
- Missouri is ranked 13 highest in suicides.
- Males account for almost 4 out of 5 suicide deaths.
- Construction has 2<sup>nd</sup> highest rate of suicides among all occupations, 4 times higher than in the general population.



#### Why the construction industry?

- Male dominated industry with a macho culture
- High job stress – demanding schedules, seasonal work, layoffs, long hours, frequent travel
- Injuries and chronic pain; sometimes treated with opioids
- High rates of alcohol and drug use

#### So what do we do?

- Talk about it! Make it part of the safety conversation.
- Learn to recognize the warning signs in yourself and others.
- Seek help from national and local resources.



*"I know one person who killed himself and three more that OD'd. That's a lot. A lot of guys just don't think that they measure up, and all day they are just told to get it done, get it done, get it done."*

- Field Manager