

## Suicide prevention

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Company name \_\_\_\_\_ Presenter \_\_\_\_\_  
Location \_\_\_\_\_ Date \_\_\_\_\_

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*Suicide rates are increasing in the United States, averaging one every 12 minutes. We all need to know the signs and resources to combat this crisis.*

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The CDC ranked Construction as the industry with the highest male suicide rates.

- 20% of all male suicides were in construction.
- According to new research by Florida State University, 40% of all construction workers have thought about suicide at some point in their career.

### Warning signs of suicide

Talking about:

- Wanting to die.
- Having guilt or shame.
- Being a burden to others.

Changing behavior, such as:

- Withdrawing from friends, saying goodbye, giving away important items or making a will.
- Taking dangerous risks such as driving extremely fast.
- Extreme mood swings.
- Using drugs or alcohol more often or in an abusive manner.
- Planning or researching ways to die.

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently. We all go through tough times, it's normal and it's necessary at times to get assistance to prevent reoccurrence and catastrophic outcomes.

## Resources

- Company provided Healthcare - Employee Assistance Program - EAP
- The Construction Industry Alliance for Suicide Prevention (CIASP) | [www.preventconstructionsuicide.com](http://www.preventconstructionsuicide.com)
- Construction Suicide Prevention | [www.constructionsuicideprevention.com](http://www.constructionsuicideprevention.com)
- Construction Working Minds | [www.constructionworkingminds.org](http://www.constructionworkingminds.org)
- Crisis Text Line | Text "HOME" to 741741
- National Suicide Prevention Lifeline | 1.800.273.TALK
- Occupational Safety and Health Administration (OSHA) | [www.osha.gov/preventingsuicides](http://www.osha.gov/preventingsuicides)
- 988 Suicide & Crisis Lifeline | [www.988lifeline.org](http://www.988lifeline.org)

