

ADDRESSING SUICIDE IN CONSTRUCTION

Building Awareness · Recognizing Signs · Taking Action



5,000+
deaths by suicide
per year in construction

14+
deaths per day

2nd highest
suicide rate of
all occupations

5x higher
than work-related
fatalities

WHERE THINGS STAND: U.S. (2022)

11th	leading cause of death overall
2nd	leading cause for ages 25–34
4th	leading cause for ages 35–44
12.3M	adults seriously considered suicide
3.8M	made a plan for suicide
1.6M	attempted suicide
80%	of all suicides are male
55%	of deaths involved firearms

THE SCALE BENEATH THE SURFACE

For every 1 suicide death, there are approximately:

3 hospitalizations	8 ER visits
38 attempts	265 who seriously considered suicide

WHY CONSTRUCTION WORKERS?

- Male-Dominated Industry**
Men are less likely to seek help or discuss mental health struggles.
- Substance Use**
High rates of alcohol and drug use as coping mechanisms.
- High Job Stress**
Seasonal work, layoffs, long hours, travel away from family.
- Physical Injury & Pain**
Chronic pain from injuries is common and often undertreated.
- "Tough Guy" Culture**
Stigma around asking for help creates dangerous silence.

KNOW WHAT TO WATCH FOR ON YOUR CREW

Session 03 goes deeper — here are the four key signals:

BEHAVIOR

Withdrawal from the crew or usual activities

FEELINGS

Expressing hopelessness or having no reason to live

WORDS

"I'm a burden to everyone around me"

APPEARANCE

Sudden calm after a period of deep distress

THREE ACTIONS EVERY WORKER CAN TAKE:

01

TALK ABOUT IT

Make mental health a regular part of safety conversations.

02

RECOGNIZE THE SIGNS

Learn to spot warning signs of distress in yourself and others.

03

TAKE ACTION

If someone's struggling, reach out — to them, a supervisor, peer connector, or navigator.

IF SOMEONE IS IN CRISIS — ACT NOW:

Call or Text 988 · Suicide & Crisis Lifeline · Available 24/7, Free & Confidential

You don't need all the answers. Asking "Are you okay?" can save a life.