



WHAT WE CAN DO

Know Your Peer Connector · Take the Pledge · Keep Showing Up

~5% OF US

are trained Peer Connectors
— specially equipped to help

TAKE THE STAND

pledge to **STAND up** for
suicide prevention

ONLY 18%

used to feel comfortable talking
to a coworker — that's changing

KNOW YOUR RESOURCES

- Your site has trained Peer Connectors — coworkers who took safeTALK training specifically to help connect people with support.
- Find out who they are. Ask your foreman or safety lead today — it's a real person, not a hotline.
- Your EAP (company) or MAP (union) both offer confidential support. Check with union, employer or peer connector.

Session 04 taught you how to start the conversation. Now you know exactly where to send it.

WHERE TO FIND IT

Look for the resource card posted on site, or contact a peer connector, or union's or employer's health care plans. (Presenter should direct workers to where the contact information is located.)

PEER CONNECTORS AREN'T COUNSELORS

They're trained to listen, connect you to real help, and keep it between you and them.

STAND UP, KEEP SHOWING UP

- Take the Stand Up Pledge — one public commitment to supporting mental health on your site.

QUICK REMINDERS, NOT NEW GROUND

SESSION 01

Talking about it regularly is what breaks the silence.

SESSION 02

Stigma loses power the more we talk openly.

SESSION 03

New or worsening signs are what to act on.

SESSION 04

Offering help works better than waiting to be asked.

CONSIDER TAKING THE STAND UP PLEDGE



01

KNOW YOUR PEER CONNECTORS

Ask your foreman today who your site's trained Peer Connector is.

02

FIND YOUR EAP, MAP, & CRISIS CONTACTS

Find out where they're posted.

03

KEEP THE CONVERSATION GOING

Use what Sessions 01–04 taught you. Don't stop after today.

CHECK THE RESOURCE CARD ON-SITE

**Find your EAP, MAP, and crisis contacts.
Call or Text 988 · 24/7, Free & Confidential**

You don't have to carry this alone — and neither does anyone else on this crew.
COMPASS // MENTAL HEALTH & SUICIDE AWARENESS // SESSION 05

COMPASS | Toolbox Talk Series Session 05 of 06 | For Supervisor Use | Print & Post on Site