

# 988

# SUICIDE & CRISIS LIFELINE

Know the Facts: [According to the Centers for Disease Control](#), construction has the highest suicide rate of all industries, at 53.2 suicides per 100,000 workers. That's about four times greater than the national average (17.3/100,000) and five times greater than all other construction fatalities combined (10.1/100,000). In fact, suicide could rightfully top the list of [OSHA's Fatal Four Hazards](#), which unfortunately garner a lot more attention.

**Construction has the highest Suicide Rate of all Industries**

**In 2020 , Men died from suicide 3.6x more often than women.**

**In 2020, 45,979 people died by suicide in the United States. That is 1 death every 11 minutes.**

### **Recognize the Warning Signs:**

According to mental health professionals, the following are common warning signs that a person may be thinking about suicide.

- **Talking about** wanting to die, guilt or shame, or being a burden to others.
- **Feeling:** empty, hopeless, or having no reason to live, extremely sad, anxious, agitated, or angry; unbearable emotional or physical pain.
- **Behavior:**
  - Planning or researching ways to die, buying a gun, withdrawing from friends, family and activities, saying goodbye, giving away possessions, or making a will.
  - Agitation or rage – increased conflict among co-workers; extreme mood swings; changes in personality or neglecting their appearance.
  - Taking dangerous risks, such as increased alcohol or drug use or driving recklessly; eating or sleeping more or less; increased tardiness and absenteeism from work.

**For every 1 construction worker who dies on the job, 5 construction workers die by suicide**

- In 2019 there were 1,061 "Fatal Occupational Injuries"
- In 2019 5,500 construction workers died by suicide.

**The construction industry has one of the highest rates of suicide among their workers**

Project:		Supervisor	
Date:			

<b>5 Things to Know</b>	<b>Suicide Prevention</b>
<b>BE AWARE</b>	<p><b>Everyone can help prevent suicide.</b></p> <p>Mental health and suicide can be difficult to talk about – especially with work colleagues- but your actions can make a difference. When you work closely with others, you may sense when something is wrong.</p>
<b>PAY ATTENTION</b>	<p><b>Know the warning signs of suicide.</b></p> <p>There is no single cause for suicide but there are warning signs. Changes in behavior, mood, or even what they say may signal someone is at risk. Take these signs seriously. It could save a life.</p>
<b>REACH OUT</b>	<p><b>Ask “Are you okay?”</b></p> <p>If you are concerned about a coworker, talk with them privately, and listen without judgment. Encourage them to reach out to your Employee Assistance Program (EAP), the human resources (HR) department, or a mental health professional.</p>
<b>TAKE ACTION</b>	<p><b>If someone is in a crisis, stay with them and get help.</b></p> <p>If you believe a coworker is at immediate risk of suicide, stay with them until you can get further help. Contact emergency services or the <b>988 Suicide and Crisis Lifeline</b>.</p>
<b>LEARN MORE</b>	<p><b>Suicide prevention resources are available.</b></p> <ul style="list-style-type: none"> <li>• Call or text the Suicide and Crisis Lifeline at 988.</li> <li>• Visit the American Foundation for Suicide Prevention (<a href="http://www.afsp.org">www.afsp.org</a>) to learn more about suicide risk factors, warning signs, and what you can do to help prevent suicide</li> </ul> <p style="text-align: center;">Crew Member’s Names</p>
