

## Understanding suicide in construction

**Construction Suicide Prevention Week is September 8-12**

Construction has one of the highest suicide rates of any industry. Every day in the U.S., 12 workers die by suicide. That's 4x higher than the general population.

**What can we do?** Start by talking about it. Honest conversations help us look out for each other and save lives.



### What puts us at risk

*This kind of work comes with pressure most people don't see.*

- Physically demanding profession
- Long hours
- Chronic pain
- Frequent travel
- Separation from family/friends
- Unaware support is available or feel unsure about using it



### Warning signs to watch for

*There is no single cause for suicide, but there are warning signs.*

- Withdrawing from others
- Big mood changes
- Talking about feeling hopeless or being a burden
- Changes in sleep, appetite or energy
- Increased use of alcohol or other substances

## Suicide is preventable

*Support is available. If you or anyone you know is struggling, reach out.  
Help is free and confidential.*



Call or text **988** to reach the Suicide & Crisis Lifeline. You'll be connected with trained counselors, 24/7, at no cost.



**Under the Hat** is a resource for the everyday pressure *and* the harder days. Get support for parenting, relationships, burnout or whatever you're carrying.

*Employee Assistance Program (EAP) providers vary from country-to-country and individual benefits packages. Please read the EAP eligibility statements noted within the materials under your country on [UndertheHat.com](https://UndertheHat.com).*

# CREW SIGNATURES

Project:		Supt:	
Date:		Foreman:	

**Topic:**

Crew Member Names
