

TOOLBOX TALK

Suicide Awareness in Construction

When someone is struggling with their mental health, it can affect their focus, communication and ability to work safely. It may also be a sign that they need support. Suicide awareness means noticing changes, taking concerns seriously and knowing where to turn for help. A caring conversation can be the first step.

Warning Signs

- Pulling away from coworkers, family, or usual activities
- Strong mood changes
- Feeling hopeless or like a burden
- Talking about self harm
- Increased conflict among coworkers
- Changes in sleep, appetite or energy
- Increased alcohol or substance use

What to do

- Tell them what you have noticed. “You haven’t seemed like yourself lately. How are you doing?”
- Listen: Give them time to talk without judging or rushing to fix it.
- Let them know you care: “I’m glad you told me. You’re not alone.”
- Help them connect with someone who can support them.
- Check in again later that day or week.



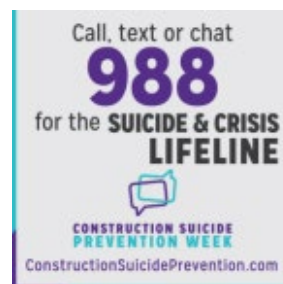
Discussion question

What are some practical ways we can check in on each other?

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



Under the Hat can connect you or your family to free, private support any time of day. Talk with someone who listens. No judgment, completely confidential.



National Hotline

Call or text **988** to reach the Suicide & Crisis Lifeline. You'll be connected with trained counselors, 24/7.

Employee Assistance Program providers vary by country and individual benefits package. Please review the eligibility statements under your country on UndertheHat.com.

CREW SIGNATURES

Project:		Supt:	
Date:		Foreman:	

Topic:

Crew Member Names
