

TOOLBOX TALK for Safety Week, May 20th, 2024.

Suicide Prevention

Statistically construction workers have a higher rate of depression and suicidal thoughts than many other workers, which may be attributed to our culture and the way we work.

Suicide among construction trades is more than four times higher than the general population. So, we in the trades should know how to recognize the problem and how to protect ourselves and our fellow workers.

Here are some basics:

- If you're struggling with depression or thoughts of self-harm, get help.
- Look for signs in those around you.
 - Depressed behavior
 - Lack of energy or focus
 - Self-isolation
 - Drug or alcohol abuse or drinking on the job.
 - Concerns about job pressure, schedule, perfectionism, feeling out of control.
 - Listen for language that implies suicidal thoughts.

I'm just so tired	No one cares
I just want to go to sleep	I should just kill myself
I can't keep doing this	I want to disappear
I just want to be alone	Can I tell you something? Oh, never mind

When either you or a coworker start to show signs, it's important to act quickly. Asking "How are you doing?" may not be enough. Remember, showing your concern is not an intrusion. If you're concerned, ask direct questions, like "Are thinking of suicide?" If the answer is yes, help is available at the National Suicide Prevention Hotline, just dial 988. Your concern may be the lifeline someone needs to help them out of a dark place. Any one of us can help when someone we know needs it. Be there, to show you care, it may save a life.

Have you ever known someone who attempted suicide?

Were you able to help?

What did you do?

