

How're You Doing Today?

Talking about mental health can feel uncomfortable, and sharing your personal struggles at work can be even more challenging. There's no shame in seeking help when you need it.

In fact, stress, sadness, and anxiety are more common than you might think. By checking in with your coworkers, you can help prevent mental health crises on and off the job and create a safer work environment.

Did you know?



The construction industry has the second highest rate of suicide among all occupations in the United States.



59% of construction employees who report feeling distressed have not sought professional help for their mental health.

How to respond to a coworker in distress:



In cases where a person has a plan and intention to hurt themselves, call local emergency personnel immediately.



If your coworker isn't in immediate danger, but you're still concerned, ask open-ended questions like "How are you doing today?", and remind them that there are people who can support them.



Access support

Lyra Health 24/7 Care Line: (877) 969-2917

National Suicide Prevention Lifeline: 988

Care Search / Scheduling Website:
ualocal469mentalhealth.com



Sources

Centers for Disease Control and Prevention. [Disparities in suicide](https://www.cdc.gov). Retrieved from www.cdc.gov on June 8, 2022

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