

## Mental Health in the Construction Industry

- Prepare**
- Choose a quiet location
  - Limit distractions
  - Print copy of Lyra flyer for each worker
- Summary** The demanding nature of our jobs, long hours, and high-pressure environments can take a toll on our mental health.



### Introduction

Today, we're going to talk about a crucial but often overlooked aspect of our work: mental health in the construction industry. While we focus on physical safety on-site, it's equally important to prioritize mental well-being. The demanding nature of our jobs, long hours, and high-pressure environments can take a toll on our mental health. Let's explore why it's essential to pay attention to this aspect of our lives and what steps we can take to support each other.

### Statistics

- **1 in 4** construction workers have considered suicide.
- Construction workers are at a higher risk of developing mental health issues such as depression and anxiety compared to workers in other industries.
- Long working hours, job insecurity, and the physical demands of the job contribute to high stress levels.
- Substance abuse is higher among construction workers.
- And yet, **59%** of workers who report feeling distressed have not sought professional help for their mental health.

### NOTES

## Mental Health in the Construction Industry

### Discussion Points

- **Recognizing the Signs:** It's crucial to recognize the signs of mental health issues in ourselves and our colleagues. These signs may include changes in behavior, mood swings, increased absenteeism, or a decline in work performance.
- **Breaking the Stigma:** Mental health issues are not a sign of weakness. It's up to us to break the stigma surrounding mental health in our industry and change the narrative around mental health – we should all be able to seek help without fear of judgment.
- **Providing Support:** As colleagues, we can provide support to each other by listening without judging, offering encouragement, and directing individuals to resources such as those I'll share today.
- **Self-Care:** Take breaks when needed, prioritize rest, engage in activities outside of work that bring joy and relaxation, and use the resources available to you when you need help.

### Conclusion

Remember, mental health matters just as much as physical safety. If you or one of your 469 Brothers or Sisters need help, Lyra services are available online or in person and are included in your benefits package.

### NOTES



**ACTION REQUIRED:** Distribute Lyra flyer to all 469 workers.