

Suicide in the Construction Industry

- Prepare**
- Queue up video (linked below)
 - Print copies of [Lyra flyer](#)
 - Prepare thoughts, stories, and questions to make this a conversation rather than a lecture
- Summary** Address the issue head-on of suicide in construction your crew.



Introduction

Hey everyone, today we're going to talk about something that isn't easy to bring up but is incredibly important—mental health and suicide prevention in construction. This industry asks a lot of us. The work is tough, the hours can be long, and the pressure doesn't always stop when the day ends. We all know the pride that comes with this trade, but we also know the toll it can take.

The Reality in Construction

The truth is, the suicide rate in construction is about **four times higher** than the national average. That's not just a number—it's a reality that has touched crews like ours all across the country. And it's why we need to look out for each other—not just with hardhats and safety harnesses, but with our mental health too.

PLAY VIDEO: Scan the QR code or use the link to play video.

https://youtu.be/1gateUSUdhg?si=_TOvB5GoYXIW1_IX



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What to Watch Out For

We're not expected to be mental health experts, but we can notice when something seems off. Here are signs someone might be struggling:

- **Changes in Behavior:** A usually steady hand on the crew seems withdrawn or distracted, starts missing work, or showing up late.
- **Mood Swings:** Anger, irritability, or emotional ups and downs that feel out of character.
- **Substance Use:** Drinking or drug use increasing, often as a way of coping.
- **Speaking with a Sense of Finality:** Saying they're a burden, or that things feel pointless; seeking closure or talking like they won't be around – these are all red flags.

What Can We Do?

Don't ignore the signs that someone might be struggling.

The most powerful thing we can do is have each other's backs:

- **Check In:** If you see a brother or sister struggling, don't just walk past it. A simple "How are you really doing?" can open a door.
- **Listen:** Sometimes people don't need solutions, they just need someone to hear them without judgment.
- **Know Where to Turn for Help:** Know the resources available, including our Lyra mental health benefits and the National Suicide and Crisis Hotline – 988.

Closing Thoughts

On every job, safety is a team effort. This is no different. The culture we build on the jobsite should be one where looking out for each other's mental health is just as important as tying off or locking out.

Every one of us matters—to our families, to this crew, and to the future of this trade. If you or someone you know is struggling, reach out. There's always help, and there's always hope.



ACTION REQUIRED: Distribute Lyra flyer.