

Mental Health Promotion & Suicide Prevention in Construction

6 Tools to Help Yourself or Help Another

Tool #1:

Build Your Individual Resilience

Be Bold – when it comes to facing your psychological fears (e.g., rejection, failure, humiliation)

Belong – to something bigger than yourself, build your “A-Team”

Be Well – physically, cognitively, socially/emotionally, and spiritually

Believe – that there is something on the other side of your despair

Tool #2:

Build Your Team’s Resilience

Identify root causes of distress

Conduct pulse checks on energy and morale

Build a culture of care by socializing peer support and building trust

Reduce bias (aka stigma) related to mental health

Recognize and reward compassion, resourcefulness, and humility

Tool #3:

Know the Warning Signs & Risk Factors

Warning Signs	Construction-Specific Risk Factors
Changes in Appearance	Tough-minded, self-reliant culture
Reported changes in sleep	Physical pain and related opioid use
Increased substance use and other risky/escape behaviors	Culture permissive of high levels of alcohol and drug use
Change in social patterns (e.g., withdrawn)	Low job control and stability
Agitation, irritation, anger, cynicism, violence, mood swings	Access to lethal means (firearms, high places)
Increased absenteeism or presenteeism	Traveling, isolation, disconnection from family
Increased errors or incidents	Unrealistic job demands and high levels of stress
Increased conflict and lowered stress tolerance	Financial challenges
Self-doubt, self-loathing, feeling like a burden	Job toxicity (e.g., bullying, hazing, harassment, discrimination)
Hopelessness, purposelessness, feeling trapped	Injury or disability
Increased errors or incidents	Aging workforce struggling to keep up with technology and labor demands

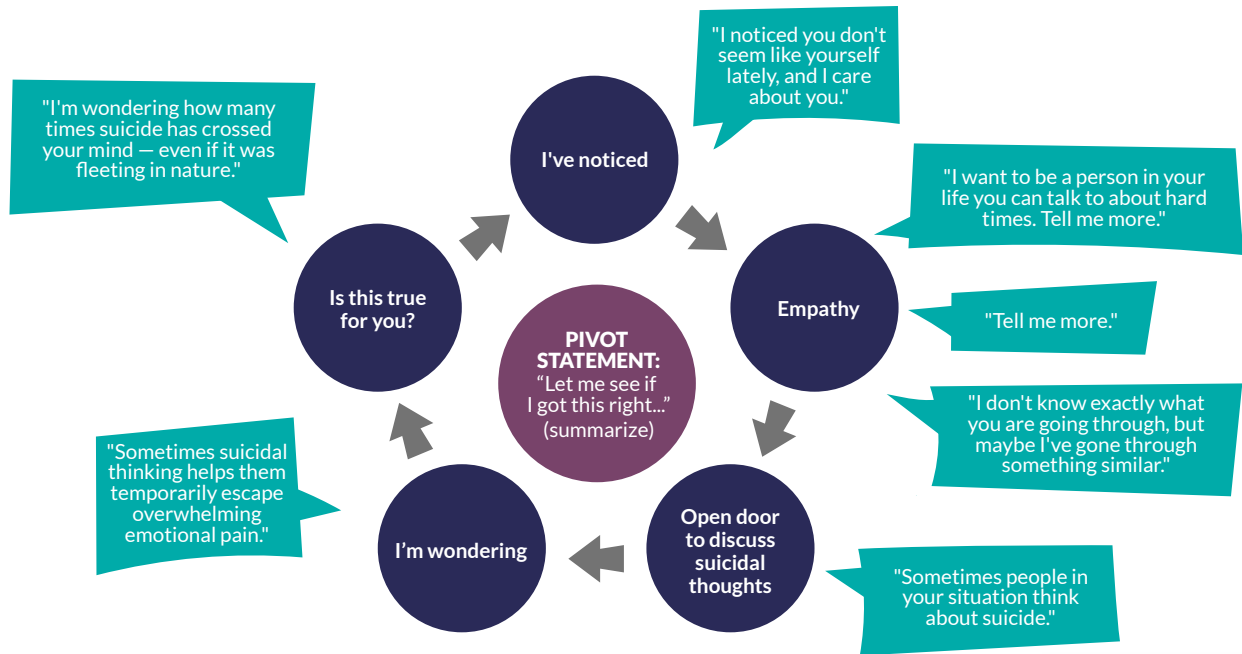
Tool #4:

Write Out a Crisis Response Plan

- Know your activating events
- List your reasons for living
- Develop emotional regulation strategies
- Find safe distractions
- Develop a list of people and resources to call
- Make your home safer from lethal means like guns and pills

Tool #5:

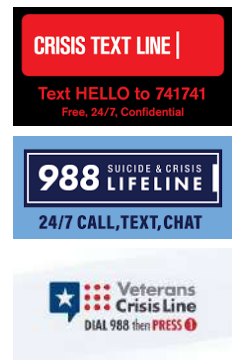
Know How to Have a Conversation about Suicide



Tool #6:

Know Your Mental Health Resources

Kick the tires on your Employee Assistance Program (EAP)
Get familiar with 988 and the Crisis Text Line
Understand how 12-step groups and substance abuse recovery treatment work



About "Dr. Sally"

As a clinical psychologist, mental health advocate, and researcher, Dr. Sally Spencer-Thomas sees the issues from many perspectives. Her brother's suicide death, however, solidified her unwavering dedication to the mission of suicide prevention. Dr. Sally is the lead author on the National Guidelines for Workplace Suicide Prevention and president of United Suicide Survivors International. She is an accomplished speaker with a popular TEDx talk and a White House address to her credits.

To Learn More Visit:

www.SallySpencerThomas.com | www.ConstructionWorkingMinds.com