



**MENTAL HEALTH**  
**&**  
**THE CONSTRUCTION**  
**INDUSTRY**



# Annual Deaths by Cause 2023

✓ Drunk Driving- 12,429

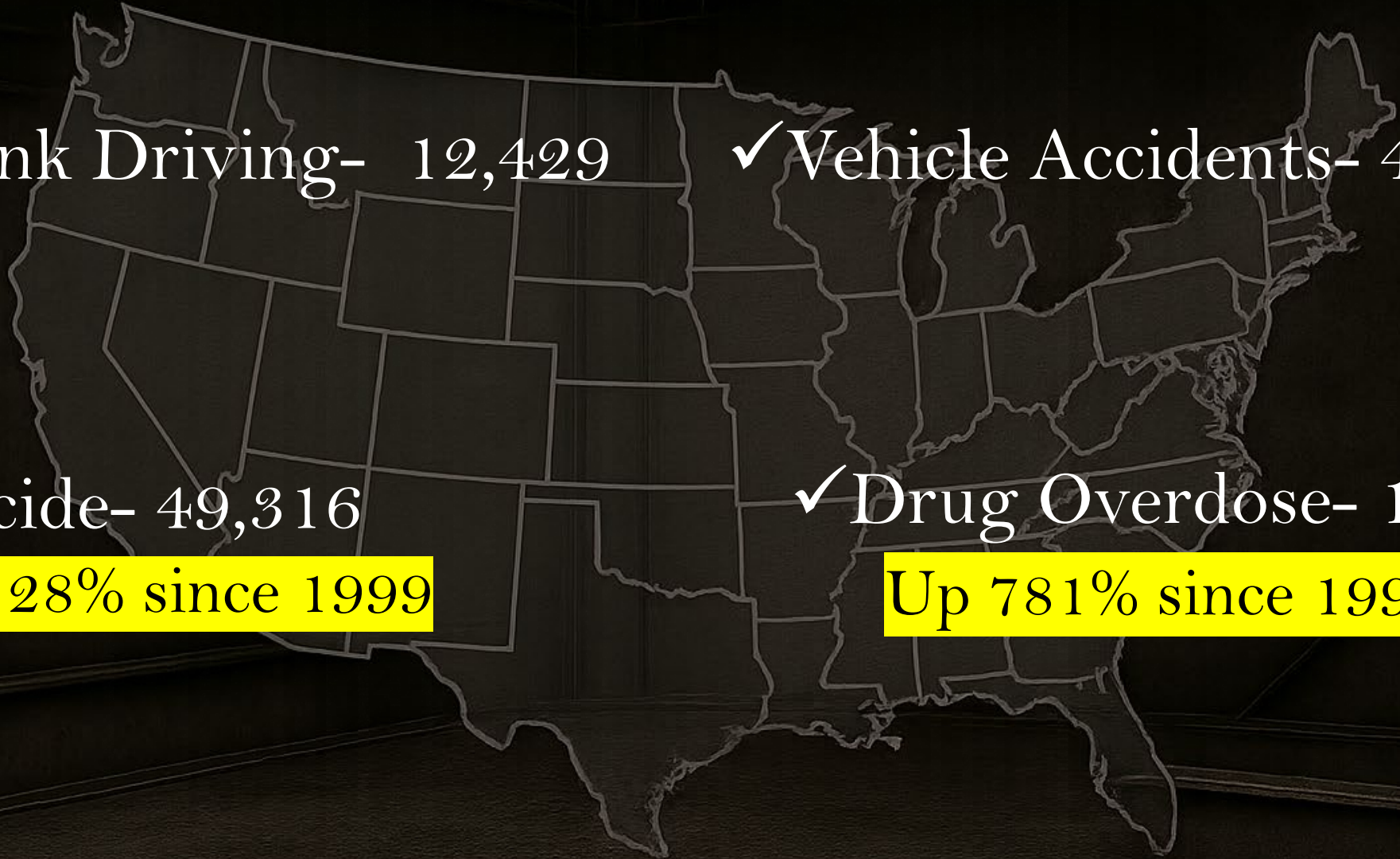
✓ Vehicle Accidents- 40,901

✓ Suicide- 49,316

Up 28% since 1999

✓ Drug Overdose- 107,543

Up 781% since 1999



guilt

rejection

shame

addiction

depression

suicid

loneliness

e

**STIGMA**

fear

anxiety

addiction

opioids

bullying

# THE TOUGH REALITY

**65.6 suicides per 100,000 male workers**

**25.3 suicides per 100,000 female workers**

**10.2 per 100,000 National Construction Fatality Rate (BLS)**

# THE TOUGH REALITY

Over ~~5,000~~ + Construction workers died by Suicide in 2023  
+/- 7,000 today

**1.38 Million Construction Workers seriously thought about suicide**

**350,000 Construction Workers made a plan to die by suicide**

**135,000 Construction Workers attempted suicide**







Generalized Depression



Intermittent Explosive Disorder



Anxiety Disorder



**I AM NOT ALONE  
YOU ARE NOT ALONE**



# Why our industry?

- ✓ Macho culture (*both men & women*)
- ✓ Family separation and isolation with travel
- ✓ Sleep disruption/deprivation due to shift work
- ✓ Tolerant culture of alcohol and substance use
- ✓ Seasonal layoffs and end-of-project furloughs
- ✓ Performance pressure (schedule, budget, and quality)
- ✓ Chronic pain Construction Industry has the highest use of prescription opioids
- ✓ Access to lethal means



Resources

shame

guilt

rejection

Education  
suicide

Company Culture

addiction

depression

Work Life Balance

Workplace

Committee

loneliness

# BREAK THE STIGMA

Mandatory PTO  
anxiety

fear

Inclusive Events

substance

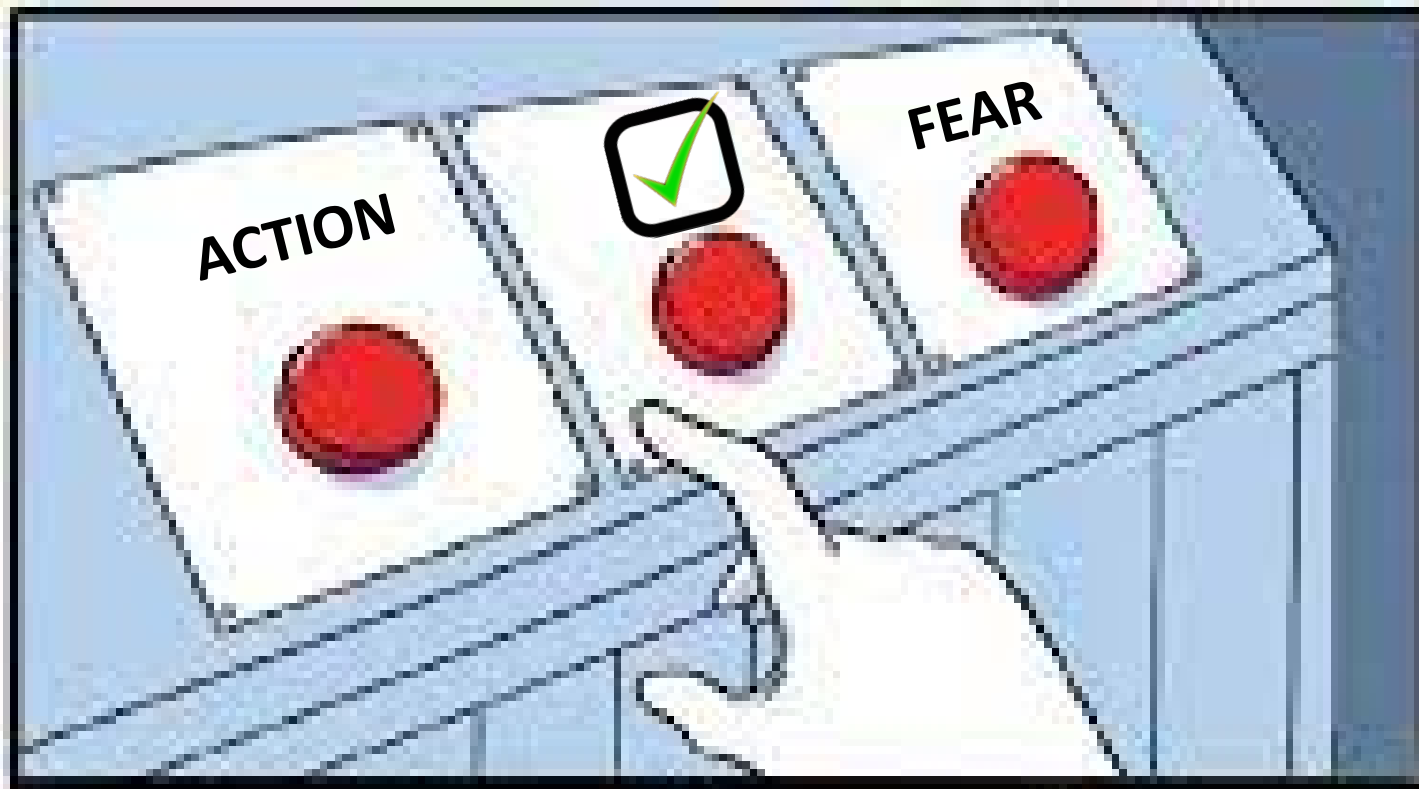
misuse  
Quality EAP/MAP

bullying

Recovery Friendly Workplace

Support  
opoids

# Build Hope Through Action



The image depicts a dark, industrial interior, possibly a ship's hull or a large storage container. The walls and floor are constructed from dark, heavy metal plates, secured with numerous rivets. A prominent feature is a large, dark 'X' structure made of thick metal beams, positioned on the left side of the frame. The lighting is dim, creating a somber and mysterious atmosphere. In the center of the image, the word "AWARENESS" is written in a large, white, serif font, standing out against the dark background.

AWARENESS



ACTION

# Building Hope Through Action



## DID YOU KNOW?

A person is more likely to die of accidental overdose than in a vehicle crash.

**You can save a life!**

**The ANSW provides tools your organization can use to address opioid overdoses in the workplace.**

### FREE Naloxone Safety

#### Resources Include:

- Training
- Sample Policy
- FAQ's
- links to further guidance

**Having naloxone as an emergency response tool can mean the difference between life and death.**

**Visit [www.answ.org](http://www.answ.org) for more info**



The ANSW provides FREE tools your organization can use to address opioid overdoses in the workplace.

Our mission is to equip businesses, organizations, and their employees with the necessary tools to effectively address opioid overdoses in the workplace.

This website includes complimentary, easily accessible Naloxone policies and training that will help ensure your team and company are prepared for any critical situation.



[WWW.ANSW.ORG](http://WWW.ANSW.ORG)



# Recognizing Key Signs

## **Behaviors:**

Coming in late, leaving early, arguing, disengaging, canceling, withdrawing

## **Feelings:**

Worrying excessively, sad, irritated, no longer interested in hobbies, hopelessness

## **Appearance:**

Disheveled clothing, unkept, looking tired

## **Statements:**

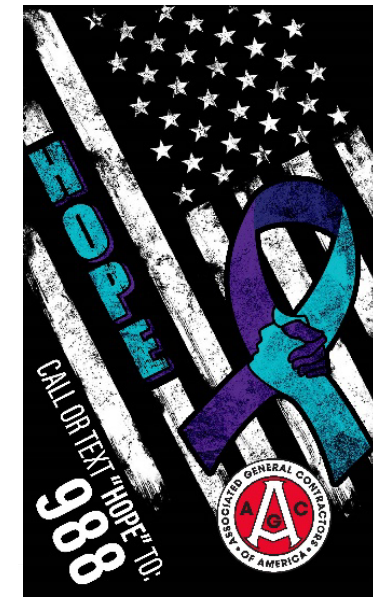
It will be over soon, You won't have to worry about me much longer, I'm fine it will all be better after \_\_\_\_\_

## **Thoughts:**

Concentration or focusing issues, being very indecisive, self-blame or criticism

The image shows a dark, industrial interior. On the left, a large, dark 'X' structure is visible, possibly a piece of machinery or a structural element. The walls are dark and feature a grid of lines and rivets, suggesting a heavy-duty environment. The floor is also dark and appears to be made of a solid material. The word 'POSTVENTION' is written in a large, white, serif font across the center of the image, positioned over the wall. The overall atmosphere is somber and industrial.

# POSTVENTION



Minute Timer

5

Arigatou

ARIGATO

Do je

Spasibo

Asante

Maita Henyu

Shukriya

Xie xie

Spasibo

Achiu

Terima Kasih

THANKS

Salamat

Kamsa hamnida

Shukran

GRACIAS

Dikuji

Hvala

Vinaka

Diolch

ARIGATO

Efcharisto

Mahalo

OBRIGATO

GRAZIE

Asante

CHOKRANE

Kiitos

Dankie

KIA ORA

Gratia

Aitäh

ASANTE

Toda

MAAKE

Ca'm on

Khop Khun Krab

Jerejef

THANK YOU

MERCI

DANKE

**HOLD ON. PAIN ENDS.**



SUICIDE & CRISIS  
LIFELINE

DIRECT DIAL  
968

**TALK. LISTEN. ACT.**

**Brandon Anderson**  
**Vice President of Safety**  
**(636) 887-5207**  
Email:  
**banderson@agcmo.org**





**HOLD ON. PAIN ENDS.**

**TALK. LISTEN. ACT.**

**Brandon Anderson**  
**Vice President of Safety**  
**(636) 887-5207**  
**[banderson@agcmo.org](mailto:banderson@agcmo.org)**