

MIRON STAND-DOWN

Safety, Quality, Production

Preventing Suicide in Construction

The construction industry has the highest rate of male suicides at 56.2 per 100,000 U.S. workers. The rate is four times greater than the national average and five times greater than that of all other construction fatalities combined. Almost four out of five suicides that occur within the construction industry are men.

7 out of 10 suicides in construction



occur among those with physical construction and extraction occupations compared to management occupations.

(Source: Colorado Center for Health and Environmental Data)

Mental Health, Depression, and Suicide

Mental health in construction isn't talked about enough, yet it is a significant safety risk. It's even been dubbed the "silent killer," because poor mental health can lead to depression and even worse, suicide. Mental health in construction is indeed a significant safety risk and a crisis we have to deal with.

Statistics point to the fact that a large number of construction workers struggle in some way with a mental health issue. In fact, 60% report this. Mental health issues can be caused by a wide range of variables. In construction, these problems include, but are not limited to, substance abuse, burnout, poor diet, and unrealistic expectations. However, one of the more prevalent issues is depression, which can ultimately lead to suicide.

While most individuals with depression have a full remission of the disorder with effective treatment, only about one-third (35%) of those suffering from severe depression seek treatment from a mental health professional. People often resist treatment because they believe depression isn't serious, that they can treat it themselves, or that it is a personal weakness rather than a serious medical condition.

Depression is very treatable, with the overwhelming majority of those who seek treatment showing improvement. Please don't hesitate to seek treatment. A great place to start is by contacting your local health provider, your local EAP (Employee Assistance Program), or utilizing the resources listed below.

Warning Signs to Watch For:

- Talking about self-harm or self-destructive behavior
- Withdrawing from others
- Expressing no hope for the future
- Decreased productivity
- Talking about being a burden
- Extreme mood swings
- Increased tardiness
- Absenteeism
- Giving away personal items

Struggling? It's ok to ask for help!



- Suicide and Crisis Lifeline: Call or Text 988
- Crisis Text Line: Text HOME to 741741
- United Way: Call or Text 211
- Miron's Mental Health HUB:
miron-construction.com/MENTALHEALTH

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HOW CAN YOU HELP?

- **Don't ignore the warning signs. Speak up if you are worried.** Remember that you can't give somebody the idea of suicide by asking. If they are contemplating suicide, they have already thought about it. But you can potentially stop them from hurting themselves by showing you care and asking them about it.
- **Offer help and support.** Feeling connected to others is crucial for people who may be experiencing anxiety or depression, or who might be considering suicide. Reaching out to those who have become disconnected and offering support can be a lifesaving act.
- **Respond quickly and seek help if you believe a friend, family member, or coworker is in crisis.** Notify a supervisor or HR of your concerns right away. Contact any of the resources included here for ideas on ways to help.
- **Get trained in QPR (Question, Persuade, Refer).** Miron Construction is prioritizing suicide prevention by training as many Miron employees as possible to be QPR Gatekeepers – a national program with the mission of saving lives and reducing suicidal behaviors by providing innovative, practical, and proven suicide prevention training. QPR stands for Question, Persuade, and Refer – the three simple steps anyone can learn to help save a life from suicide.



For training opportunities or questions, contact:
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