



Building Excellence

Fall 2025
September 8-12

MIRON STAND-DOWN

Safety, Quality, Production

Redefining TOUGH in Construction – Suicide Prevention

NATIONAL STAND-DOWN CONSTRUCTION SUICIDE PREVENTION WEEK

2025
Monday, Sept. 8

We are Participating in the
2025 CSPW Stand-down



CONSTRUCTION SUICIDE
PREVENTION WEEK
ConstructionSuicidePrevention.com



REDEFINING TOUGH

Remember, it's ok to ask for help, and it's ok to offer it. We are redefining what tough means here at Miron.

What "Tough" Used to Mean: Suffering in silence; working through pain, stress, and exhaustion; hiding emotions; never asking for help; and believing vulnerability equals weakness.

What "Tough" Means Now:

- **Talk it Out** – Don't keep it bottled up. Real toughness is having the courage to speak up when you're struggling—and to listen when someone else does.
- **Outside Activity** – Get outside for your well-being, not just for work. Fresh air, movement, and a break from the grind can boost your mood and reduce stress.
- **Unplug** – Step away from screens, news, and job stress when you can. Take a moment to clear your head and reset—your mental health matters.
- **Give Back** – Whether it's helping a coworker, mentoring a younger crew member, or checking in on someone, giving back connects us and creates purpose.
- **Hang Out** – You don't have to go it alone. Spend time with family, friends, or coworkers outside of work. Connection is one of the best protections against suicide.

Being tough isn't about pushing through alone. It's about standing strong *together*.

Take five minutes. Talk it out. Check on your crew. **Real strength is taking care of yourself and each other.** Let's continue to watch out for one another. If you or someone you know is struggling, please reach out.

NEW RESOURCE: Construction CareLine

Muster points are foundational to Emergency Action Plans on the construction site. In an emergency, these locations provide a safe space away from hazards where people on construction sites can reconnect, assess the situation, and respond. The Construction CareLine is a confidential, non-judgmental, and safe space to get support for difficult challenges.

Call 1-833-444-6020 24 hours a day.

The Construction CareLine is a mental muster point where you can get confidential support for whatever you're dealing with. There are a lot of personal challenges inherent in working in construction — challenges that impact your mental health.

English and Spanish-speaking counselors are available. Interpreters are provided for other languages.



Fall 2025
September 8-12

MIRON STAND-DOWN

Safety, Quality, Production

Statistics & Facts

- 1 in 5 adults experience a mental health issue each year
- Construction workers face high stress, long hours, and isolation
- Poor mental health can affect focus, safety, and relationships
- Suicide is a leading cause of death among construction workers
- It's preventable when we talk, connect, and support one another
- Learn the warning signs: withdrawal, mood changes, risky behavior, talk of hopelessness

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

For training opportunities or questions, contact:

Meredith Baciak
Wellness Coordinator
920.969.7079

meredith.baciak@miron-construction.com

How You Can Help!

Get trained in QPR (Question, Persuade, Refer). Miron is prioritizing suicide prevention by training as many 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.