



We are all in this together.

And together, we can wipe out the stigma surrounding mental health.

BE ALERT FOR THESE WARNING SIGNS:

- Increased tardiness and absenteeism
- Decreased productivity
- Decreased self-confidence
- Isolation from peers
- Agitation and increased conflict among co-workers
- Decreased problem solving ability
- Legal and illicit substance abuse
- Near hits, incidents and injuries
- Increased feelings of being overwhelmed

Construction workers are statistically at a higher risk for mental health issues than virtually every other profession. If you or someone you know is feeling depressed or suicidal, both you and they are not alone. **There are others in our industry who can relate, and more importantly, others who can help.** For urgent assistance, please reach out to the **National Suicide Prevention Lifeline** right away.

BUILDING A ZERO SUICIDE INDUSTRY.

ALLIES IN THE FIGHT FOR SUICIDE PREVENTION & MENTAL HEALTH PROMOTION



www.constructionworkingminds.org



www.cfma.org/suicideprevention
#suicidepreventioncfma



www.mantherapy.org



suicidepreventionlifeline.org



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1-888-880-8222