

# Suicidal employees are only invisible if no one is looking.

Keep an eye out for these warning signs:

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



If you are feeling overwhelmed, depressed, or even suicidal, you are not alone. In fact, construction workers are statistically at a higher risk for mental health issues than virtually every other profession. 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](http://www.constructionworkingminds.org)



[www.cfma.org/suicideprevention](http://www.cfma.org/suicideprevention)  
#suicidepreventioncfma



[www.mantherapy.org](http://www.mantherapy.org)



[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

