



# Suicide and The Construction Industry



# Suicide and the Construction Industry

Second leading cause of death  
in men 25 - 59.

Highest rates occur between 40 - 59.





# Suicide and the Construction Industry

Suicides are preventable.

It's okay to talk about suicide.

Asking doesn't provoke the act.

Asking can reduce anxiety  
and help people feel understood.



# Suicide and the Construction Industry

*What to Notice*

*What to Do*

*How to Be Proactive*

# Suicide and the Construction Industry

*What to Notice*

IS PATH WARM?

I = Ideation (*Suicidal Thoughts*)

S = Substance Abuse

# Suicide and the Construction Industry

*What to Notice*

IS PATH WARM?

P = Purposelessness

A = Anxiety

T = Trapped

H = Hopelessness / Helplessness

# Suicide and the Construction Industry

*What to Notice*

IS PATH WARM?

W = Withdrawal

A = Anger

R = Risky Behaviour

M = Mood Changes



# Suicide and the Construction Industry

## Critical Warning Signs

- ✓ Dramatically happier?
- ✓ Giving treasures away?
- ✓ Putting things in order?
- ✓ Joking or talking about suicide, *especially when under the influence of drugs or alcohol?*
- ✓ Access to weapons or seeking methods?



# Suicide and the Construction Industry

## *What to Do: 10 Actions*

1. Be direct - ask if the person is thinking of suicide. If yes, is there plan and time line?
2. Have they been drinking or taken any drugs or medications?
3. Don't judge them.
4. Don't minimize their feelings.
5. Don't use clichés or try to debate them.

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## *What to Do: 10 Actions*

6. Don't be sworn to secrecy...seek out the support of appropriate professionals.
7. Ask who can be contacted that they feel safe or comfortable.
8. In an acute crisis take them to an emergency room or walk-in clinic **or call 911**
9. Do not leave them alone.
10. Remove any obvious means (e.g., firearms, drugs, sharp objects)



# Suicide and the Construction Industry

*Be Proactive*

## Scott Construction Mental Health Committee

- 12 volunteer members
- Quarterly meetings
- Monthly topics and events



# Suicide and the Construction Industry

*Be Proactive*

Do Your Part to **Reduce the Stigma**  
of Mental Illness.

Be a Champion for:

Attitude

Awareness

Education



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