

The Facts:

- According to the US Centers for Disease Control and Prevention (CDC), the construction and extraction industries have the second-highest rate of suicide.
 - Our country now loses more construction workers to suicide than to job site injuries or accidents.
 - 43.8 million adults experience life events that cause distress every year.
 - 1 in 5 adults in America experiences a serious negative emotional reaction.
 - Nearly 1 in 25 adults in America live with a serious mental illness.
 - Suicide is the second biggest cause of death for men between the ages of 25 and 54.
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Scenario: Your partner Jim trips and falls hard on his shoulder. You immediately run to his aid. You check him out and help him up. He can work the rest of the day, but you notice him favoring his shoulder. You continue to check in with him throughout the day to make sure he is ok. People suffering from Mental Health need the same type of support.

- If someone is struggling with internal pain, has loneliness, depression, anxiety, isolation, or hopelessness, or someone perceives others are judging them due to their mental illness oftentimes they are reluctant to ask for help.
- Many people hesitate to ask for help in the same way they would for a physical injury.
- People worry about what others may think of them or worry, they will be judged by their mental illness, or struggle with unhelpful thoughts such as "asking for help is a weakness."

Scenario: Your partner Dan is going through a tough time. He is going through a divorce, and he is really worried about his two kids: one is in Jr High and the other is in HS. You notice some changes in his behavior, he seems detached and starts coming in late to work every day often missing start time.

- You ask him if he is okay and he says, "I am fine don't worry about me." What should you do next?
- One idea is to approach Dan at lunch. Sit down with him and directly tell him that you are worried about his well-being and you want to help. Listen without judging.
- How is he sleeping at night? What is his largest fear?
- You point out that when facing a tough situation many people can suffer from anxiety and depression.
- Refer him to the EAP Program, encourage him to get counseling. Help him build a support plan. Continue to check in with him so he knows you care.

