



You and your family can get immediate help.

If you or a loved one are struggling with thoughts of suicide or another mental health crisis:

- Call or text 988 or chat 988lifeline.org
- Tell a trusted family member or friend
- Visit suicide-stops-here.org

Check in with your health care provider to discuss what you are thinking and how you are feeling.

Any time you are concerned about suicide and don't know what to do, call or text the 988 Suicide & Crisis Lifeline at 988 (24 hours, every day of every week, 365 days a year).

CSPP is teaming up with Rethink the Drink to encourage all of us to start a conversation about excessive drinking and how we can rethink the role alcohol plays in our lives.



suicide-stops-here.org

A program of Lines for Life.



Rethinkthedrink.com

An initiative of the Oregon Health Authority.



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or chat 988lifeline.org**



**Excessive alcohol use is taking
a toll on construction workers.**





Alcohol and substance use are contributing factors to why construction workers die by suicide. In Oregon, people in construction and extraction jobs have the highest number of suicides over any other industry.

Working in construction can be stressful.

Job insecurity, money issues, times of unemployment, and managing life at home are just a few examples of things that cause stress. That's on top of having a physically hard job that can cause pain and injury. This all takes a toll on you physically, and mentally.

Excessive drinking can make things worse.

Many people turn to alcohol as a way to manage pain, but it may be causing more health problems. Excessive drinking:

- Slows recovery from infection and injury, including poor wound healing
- Causes long-term health problems like liver disease, heart disease and cancer
- May cause mood and behavioral changes, including depression and anxiety

We can support each other to drink less.

Job sites can be dangerous. We need to be able to count on our crew members to stay safe. That means coming to work sober and not hungover. But we can also help each other after work. Whether it's having drinks at the local bar, or a couple beers at a friend's BBQ, we can ask ourselves if we need that last beer or cocktail. We aren't saying stop drinking, but to think about how alcohol affects your daily life and if there are small changes you're ready to make to drink less. We encourage you to ask for help from your friends and family if you need it.



Tips for drinking less alcohol:

Set limits



Count your drinks



Track your drinks through an app



Avoid places or activities that cause you to binge drink



Eat when drinking



Go for a walk or get physical activity



Do something that brings you joy



Make small changes in your daily life, like not keeping alcohol in your home

