



# ONLINE VIDEO TOOLBOX GUIDE

**CONSTRUCTION  
SUICIDE  
PREVENTION  
PARTNERSHIP**



The Construction Suicide Prevention Partnership (CSPP) is a collaborative project between Lines For Life and the construction industry.

For Additional Resources Visit:  
[www.suicide-stops-here.org](http://www.suicide-stops-here.org)  
[www.linesforlife.org](http://www.linesforlife.org)

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# CSSP Video Toolbox Talk

## Introduction

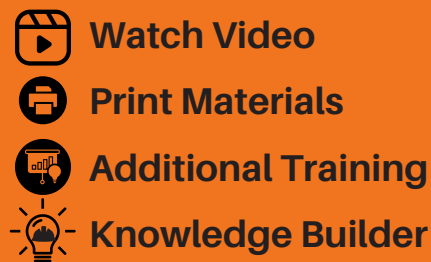


This guide was created to assist construction leaders and safety professionals in delivering engaging and effective presentations throughout the year. The resources in this guide create multiple platforms for amplifying mental health conversations, promoting vital resources, and connecting your team with services when necessary.

To help you maximize our toolbox talks, we have some important tips for giving an effective presentation

- **Create a Schedule:** Creating a year-long calendar of toolbox talks is daunting. To simplify the process, we have included a suggested toolbox schedule.
- **Hype the Talk:** We know the topics in this guide are different from typical toolbox talks, so please use our flyers and resources to give your team a heads-up about the upcoming topic.
- **Make it interactive and fun:** Encourage participation by asking questions, soliciting feedback, and providing snacks, hardhat stickers, or giveaways.
- **Get Ready:** To prime your knowledge, each toolbox includes icons that connect to electronic and printed materials.

Click on the icons to be directed  
to resources.



### Elevate The Message

Share these videos and resources through newsletters, email, social media, and team meetings. This guide is a living document; the CSPP team will continue adding new video toolbox talks and resources because we want to be as adaptable and innovative as the community we serve. Please visit our website to learn more and connect!

[www.suicide-stops-here.org](http://www.suicide-stops-here.org)







JANUARY

# 4-Ways To Prevent Suicide

CSPP works every day to reduce suicide and build hope; it is essential to talk about reducing stigma, build connections, and know warning signs and resources. This talk will lay the foundation for your year-long effort.

## Talking Points

- Construction has the 2nd highest rate of suicide among all industries.
- Open conversations about mental health reduce the stigma.
- There are varying warning signs of suicide, but behavioral changes are a key indicator.
- 988 Suicide & Crisis Line is available 24.7.365 via Call, Text, and Chat.
  - 988 counselors provide support for you, a friend, or a loved one.
- Share your company's mental health resources.

## Your Toolbox



CSPP Suicide Prevention Toolbox Talk



Suicide Warning Signs Flyer



Suicide Prevention Flyer



Question Persuade Refer (QPR)



Suicide Prevention in Action

## Reliable Resources



CDC Suicide Prevention



Construction Industry Alliance for Suicide Prevention





February

# Breaking the Stigma

The construction industry has the second highest rate of suicide. Yet, the stigma associated with being vulnerable about personal struggles or asking for support remains a major roadblock to reducing suicides. Addressing stigma head-on can encourage workers to get help and reduce suicides.

## Talking Points

- 1 in 5 Americans experience mental illness.
- People with serious mental illness are nearly twice as likely to develop cardiovascular and metabolic disease.
- Mental Health is Physical Health.
- Mental health challenges are a safety issue.
- We lose more construction workers to suicide than job site injuries, which is why we need to move past the stigma of asking for help. It makes our jobs safer and saves lives.

## Your Toolbox



Breaking the Stigma Toolbox Talk



Suicide Prevention Trainings



Do I need help?



Safety Plan

## Reliable Resources



National Alliance of Mental Illness  
(NAMI)



CSPP Action Guide



# March Opioids' Impact on the Construction Industry



With a high rate of lower back pain and other musculoskeletal injuries, construction workers are more likely to be prescribed opioids than workers in other industries. Annually, 15% of workers prescribed opioids become long-term users. Those prescribed opioids for musculoskeletal pain are at higher risk for addiction. In 2022, the Construction Finance Management Association (CFMA) reported that construction professionals **receive 20% more and 20% stronger opioid prescriptions**.<sup>1</sup> Opioid misuse increases the risk of suicide and deteriorates job-site safety for construction professionals.

## Talking Points

- In 2022, the United States lost over 80,000 people to fatal opioid overdoses.
- Adults who misuse opioids are more likely to have thoughts of suicide
- Construction has one of the highest rates of opioid overdoses
- According to the CDC, construction workers are more likely to die from an overdose than other line of work.
- Naloxone (aka Narcan) safely reverses opioid overdoses and saves lives and should be in your first aid kit.

## Your Toolbox



Opioid Flyer



CSPP's Seven Opioid Facts Toolbox



CSPP's National Resource Guide



SAFEProject's Free Naloxone(Narcan) Training



CSPP Opioid Podcast

## Reliable Resources



Substance Abuse and Mental Health Administration (SAMSHA) Helpline



Opioid Counter-Attack Workplace Strategies



April

# Rethinking Alcohol

Construction has one of the highest rates of excessive alcohol use. Nationally, alcohol intoxication is involved in 22% of all suicides.<sup>1</sup> If we want to reduce suicide within the construction industry, we have to talk about alcohol's impact on mental health. Our relationship with alcohol is complicated. If we want to build a safer, more connected, and healthier construction industry, we've got to dig into how alcohol impacts our relationships and health.

## Talking Points

- Alcohol is a leading cause of preventable death in the United States.
- About 178,000 people die from excessive alcohol use in the U.S. each year.
- In the workplace, up to 40% of fatalities and 47% of injuries involved alcohol.
- Define a drink:
  - Beer 12 fl oz
  - Wine 5 fl oz
  - Liquor 1.5 fl oz
- Define Excessive and Binge Drinking
  - 1-2 drinks every night is excessive drinking
  - 4-5 drinks in one setting is binge drinking.
- Share Strategies for reducing alcohol use

## Your Toolbox

-  Rethinking Alcohol Toolbox Talk
-  Infographic
-  Rethink the Drink Toolkit
-  Rethink the Drink Training
-  Sample Spanish Poster

## Reliable Resources

-  Oregon Health Authority's Rethink the Drink Campaign
-  CSPP Rethink the Drink Materials





May

# Mental Health and Safety

May is National Mental Health Awareness Month, and the first week of May begins with Construction Safety Week. This month is the ideal time to emphasize that mental health is essential to job site safety. Take time to check in with your crew, letting them know you care and demonstrating respect and concern for their well-being. Changing up the routine and taking time to connect with your team fosters respect and camaraderie. Mental health challenges have a detrimental impact on our individual, family, and professional well-being, which is why it is critical to share your company's mental health resources and services with your crews during National Mental Health Awareness Month.

## Talking Points

- Depression and anxiety are the most common mental health challenges.
- The National Institute of Health reports two out of five construction workers suffer from depression and anxiety.
- Mental health problems can endanger the safety and health of your crews.
- Share your company's mental health resources.
- At your morning stretch and flex, pause to recognize and applaud your people's hard work.

## Your Toolbox



Mental Health and Safety Toolbox Talk



Order Job Site Banners



Register for Mental Health Training

## Reliable Resources



Construction Safety Research Alliance  
Mental Health: Where do we Start?



Construction Safety Week



June

# Sleep and Safety

We know sleep is essential to a healthy life, but in the construction industry, getting quality sleep can be challenging due to long work hours, shift changes, families, and commuting. Sleep impacts our mental and physical health and our ability to work safely. Lack of sleep contributed to Catastrophic workplace accidents like Chernobyl, Three Mile Island, and the Challenger Explosion. Sleep deprivation contributes to 1 in 10 job site accidents, so it is vital to prioritize getting good quality sleep<sup>1</sup>.

## Talking Points

- Sleep is vital to the your safety and the safety of our crews.
- Lack of sleep is detrimental to concentration and attention.
- You cannot train yourself to function without sleep.
- Sleep deprivation is a safety risk and increases the risk of injury and accidents.
- Sleep deprivation is linked to serious health issues, including heart disease, high blood pressure, stroke, and diabetes.
- Tips for better sleep:
  - Exercise 20-30 min a day
  - Reduce or eliminate caffeine and alcohol use.
  - Create a calming nighttime routine.

## Your Toolbox



Sleep Toolbox Talk



Tips for Shift Workers



60-Minutes: Sleep Deprivation can kill



Excessive Sleepiness and Workplace Accidents

## Reliable Resources



American Academy of Sleep Medicine (AASM)-Self-Sleep Assessment



National Sleep Foundation



July

# What is an EAP?



In construction, we rely on Emergency Action Plans (EAPs) to respond to incidents on the job site. When it comes to individual struggles with mental health, professional relationships, finances, and overall health and wellness, there is another EAP that can help us navigate through these issues. It is called an Employee Assistance Program. EAPs are confidential services that can assist you in resolving personal problems that are impacting your work performance. Think of EAPs as your personal emergency action plan when you need help or advice to deal with a professional or personal matter.

## Talking Points

Employee Assistance Program services include:

- Financial Support
- Legal Support
- Workplace Relationships
- Family Support
- Mental Health Services
- Nutritional Support

- EAP services are free and confidential. Your employer does not have access to what you discuss with your EAP practitioner.

## Your Toolbox



EAP TOOLBOX TALK

## Reliable Resources

You are the resource! Now is the time to practice contacting your EAP! Your EAP can provide you with service descriptions and posters to share with your teams!





August

# Being Present



Taking a holistic approach to safety means embracing the body/mind connection, paying attention to our thoughts, valuing sleep, and eating well.

Numerous distractions abound in our job sites. Construction sites are not wellness retreats, but there are ways to sharpen our focus and ease mental tensions. On and outside the construction site, we will never control everything that happens, but we can develop a present focused mindset that increases our cognitive flexibility, enhances our connections, and improves our mental health.

In construction, safety requires us to hold two opposing ideas( job productivity and self-care) in our minds and still retain the ability to function. Being present is like walking a steel beam; breathing and pausing can help balance dynamic paradoxes where safety isn't just mitigated but mastered.

## Talking Points

Here are some tips for being in the moment:

- Eliminate distraction, even if it just stepping away from your work assignment
- Slow down, pause, and be still
- Listen more and talk less

**PRACTICE:**

- Writing down your thoughts in a journal.
- Self Check-in with H.A.L.T Method:
  - Are you Hungry, Angry, Lonely, or Tired?

## Your Toolbox



Being Present Toolbox Talk



Thought Tracker



HALT METHOD

## Reliable Resources



Headspace: How to Be Present



Blue Beam: Benefits of Meditation in Construction



September

# Mindful Breathing



Mindful breathing is a simple yet powerful focusing practice. Mindful breathing brings attention to our breath's natural rhythm and flow and how it feels on each inhale and exhale. This practice fosters focus and cultivates calm. Breathing with intention can anchor us when our environment becomes chaotic and stress builds. In this toolbox talk, we will demonstrate how 30 seconds of deep breathing can transform a racing and distracted mind into a diligent and focused one.

## Talking Points

Practice 30 seconds. of mindful breathing:

- Sit or Stand Comfortably
- Close your eyes
- Follow the breath through full cycles of inhalation and exhalation

After practice, ask:

How do you feel now compared to before?

What was challenging about the exercise?

Would you use this technique in the field?

## Your Toolbox



Mindful Breathing Tool Box Talk



Breathing Meditation: A Great Way to Relieve Stress



The Mindful Builder: Nurturing Mental Health in the Construction Industry

## Reliable Resources



CDC: 8 Ways to improve your emotional well-being



Greater Good Science Center: Practice Deep Breathing Video



October

# Financial Wellness



Finances are a significant stressor in many people's lives. Research shows people with financial stress are 20X more likely to attempt suicide than those not experiencing financial stress<sup>1</sup>. Now, apply this to the inherent challenges in the construction industry where boom and busts, slowdowns, employment gaps, temporary work, job changes, and inconsistent pay are the norm, and you understand why construction workers feel financial stress. The good news is that honestly assessing your finances and boosting financial literacy can help prevent and alleviate the anxiety and depression that come with financial stress.

## Talking Points

- **Tips for financial wellness**
  - **Self-care:** Your mental, physical, and spiritual health are your most valuable
  - **Self-Assessment:** What are your debts?
  - **Plan:** Create a budget
  - **Communicate:** You're not alone. A majority of Americans are stressed about their finances. Let your partners and co-workers know about your concerns.
- **If you are an employer or union manager, share available resources:**
  - **EAP Resources**
  - **On-Demand Benefits**
  - **Financial Educational Resources**

## Your Toolbox



**Financial Wellness Toolbox Talk**



**CSPP Make Things A Little Better Podcast**



**How Debt Affects Mental Health**

## Reliable Resources



**USAGov Contact Center-  
Financial Hardship**



**Consumer Financial Protection Bureau**





November

# Expressing Gratitude



Expressing gratitude is a healthy and scientifically backed way to help cope with stress and depression. There are times when life is hard, and often, we fixate on the negative and forget to offer grace for ourselves and share gratitude with others. Research conducted at UC Davis and the University of Miami found that people who practiced gratitude were significantly happier than those who didn't. Reducing stress can be as simple as recognizing positive actions, even if it feels cheesy, so don't knock it till you try it! Gratitude relieves stress, builds comradery, and builds hope! We created this toolbox talk to make it a little less awkward!

## Talking Points

Take some time to express your appreciation for your team's hard work and dedication. This is a time to demonstrate how to show gratitude.

If you're feeling stuck, here are some ideas to get your gratitude flowing!

- Acknowledge specific individuals' hard work
- Buy Gift Cards: (think gas cards for those long commutes)
- Provide Free Meals
- Have a Celebrations
- Create a Thank You Banner

## Your Toolbox



Gratitude Toolbox Talk



More Gratitude = Better Attitude

## Reliable Resources



NAMI: Impact of Gratitude



Gratitude: A Mental Health Game Changer




# Combating Loneliness


The feeling of loneliness is part of being human. Loneliness can alert us when our social needs are not being met or when we need to slow down and reflect. We all experience loneliness in different ways. This feeling has been passed down to us. All cultures have rituals to build connections (e.g., playing sports, hanging with friends, or attending a religious ceremony) and cultural practices that find meaning and resilience in isolation and loneliness (e.g., solo adventures, reading a book, or meditating). Loneliness is neither inherently good nor bad, it is our mind and body's way of signaling that we need to take action to improve our mindset or social situation to survive.

## Talking Points

- Loneliness is a risk factor for suicidal ideation and completed suicides.
- Loneliness is a subjective feeling.
- Even people with lots of social contacts and friends experience loneliness.
- There's no formula for defining it, and only you know when you're feeling it.
- Some tips for combating loneliness:
  - Challenge your negative thoughts.
  - Keep a thought journal; it helps!
  - Make new connections
  - Create a routine where you interact with co-workers, friends, and family.
  - You can use your EAP to try talk therapy!

## Your Toolbox

 Loneliness Toolbox Talk

 Do I Need Help Flyer?

 Thought Record Worksheet



Do a Confidential Self-Assessment



Reframing Loneliness

## Reliable Resources



U.S Surgeon General Report on Loneliness

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# Acknowledgments

***This material has been made possible by  
a grant from the Oregon Occupational  
Safety and Health Division, Department  
of Consumer and Business Services***

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***Thank you to Michael Di Napoli and People's AV Company for filming  
and editing our video toolbox talks.***

***Thank you, Crystal Larson, Lines for Life Community Training  
Manager, Emily Haro, CSPP Outreach Coordinator, and Max Margolis,  
CSPP Project Director, for your dedication and time in creating this  
guide, filming the toolbox talks, and designing the video toolbox  
webpage.***

***Thank you, Lines For Life and Construction Suicide Prevention  
Partnership, for inspiring and supporting our work!***

***Learn more:  
[www.suicide-stops-here.org](http://www.suicide-stops-here.org)  
[www.linesforlife.org](http://www.linesforlife.org)***