



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