



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