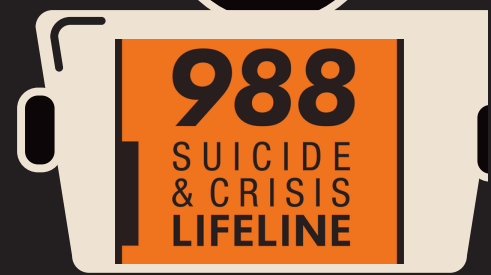


It is okay to talk about **Suicide**



Thoughts of giving up and suicide can be frightening. Take them seriously!



KNOW THE RISKS

- **Construction has the highest number of male suicide deaths.**
- **The CDC reports that 20% of all men who die by suicide were in construction/extraction.**
- **The construction industry has the second-highest suicide rate of any industry in the US. In 2022, the rate of suicides in construction was **6x** greater than the rate for all fatal work-related injuries**



If you are having suicidal thoughts, seek support, call or text the 988 Lifeline, call a local crisis number, or reach out to a trusted family member or friend.

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

Suicidal Thoughts are a symptom, just like any other - they can be treated, and they can improve over time.

Why are Construction Professionals at Risk?

 Nature of the Job	 Fearlessness	 Substance Misuse	 Access to Lethal Means	 Mental and Physical Pain
---	---	---	---	---

Build Hope!

Anytime you are concerned about suicide and don't know what to do, call or text the National Suicide Prevention Lifeline at 988 (24/7/365)



The CSPP is committed to providing free services, advocacy, and resources that improve the lives of construction professionals. We work across the industry to build solutions and healthier job sites.

Get Resources and Learn More www.-suicide-stops-here.org



*Data and design elements From CDC, NAMI, and Construction Working minds finds sources @ <https://www.suicide-stops-here.org/construction-suicide-prevention-flyer/>