

Safety Week Packet

May 2026

CONSTRUCTION SUICIDE PREVENTION PARTNERSHIP

A SERVICE OF  lines for life

Overview

In recognition of Safety Week, the **Construction Suicide Prevention Project (CSPP)** provided a comprehensive Safety Week Packet designed to integrate mental health and suicide prevention into jobsite safety culture.

In response to the staggering rate of suicide deaths among construction industry workers, **Lines for Life**, a nonprofit dedicated to substance abuse and suicide prevention, partnered with leaders across the construction industry to form CSPP.

CSPP represents large and small construction companies, subcontractors, building trades, unions, safety specialists, OSHA, SAIF, and healthcare partners. We strive for a jobsite culture where mental health conversations are as routine as safety updates and the morning stretch and flex.

Our Mission:

To develop and implement a unified strategy for reducing suicide and promoting mental well-being in the construction industry.

What CSPP Offers

CSPP meets companies where they are — whether new to mental health initiatives or expanding existing programs. We provide expertise in suicide prevention tailored specifically to the construction industry and help companies build a culture where asking for help is normalized and supported.

Purpose of the Safety Week Packet

The CSPP Safety Week Packet is designed to:

- Elevate mental health as a core component of jobsite safety
- Provide accessible, practical tools for crews and leadership
- Reduce stigma around mental health conversations
- Increase awareness of suicide prevention resources
- Encourage year-round engagement beyond Safety Week

Construction workers are experts in physical safety and are consistently reminded of the consequences when safety procedures are not followed. Our goal is to ensure workers are equally well-versed in mental health safety. The construction industry loses more workers to suicide than to all jobsite accidents. It is imperative that we address this issue directly and equip workers with comprehensive tools to seek and offer help.

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Sample Toolbox Talks

Toolbox talks are an effective way to introduce new safety topics on the jobsite. CSPP provides a robust library of downloadable mental health toolbox talks, including:

- What Is Depression and Anxiety?
- Recognizing the Warning Signs of Suicide
- Financial Stress and Mental Health
- Anger and Suicide
- Mental Health and Safety

Each toolbox talk includes:

- Facilitator guide
- Discussion questions
- Downloadable handouts
- Access to short educational videos
- Additional resource links

All materials are available free of charge.

To find and download all our Toolbox Talks click the link or scan the code below. www.suicide-stops-here.org/toolbox-talks



Grappling with Grief

A Construction Suicide Prevention Partnership Toolbox Talk

www.suicide-stops-here.org

What is Grief?
Grief is the experience of coping with loss. It occurs when we lose someone or something important to us, and it is a deeply personal experience that can affect how we interact with the world and with ourselves. We all experience grief at some point in our lives.

Five Stages of Grief
Grief may feel chaotic and overwhelming, but understanding the five stages, outlined below, of grief can help build your self-awareness and healthy coping strategies during the grieving process. There is no linear order or standard length of each stage; it varies for everyone.

| Denial | Anger | Bargaining | Depression | Acceptance |
|--|---|---|---|---|
| You may refuse to believe that loss is real, acting as a buffer against shock. | Anger is a completely natural emotion, and very natural after someone dies. | Bargaining is where the brain tries to cling to hope and the idea that death could be reversed. | Depression is a compassion to the heaviness of grief and the inability to be present. | Acceptance doesn't mean you've past the grief, but you've accepted it and have come to understand what it means in your life now. |

Symptoms of Grief

- Mood swings
- Sadness
- Fatigue, insomnia, or changes in appetite
- Anger
- Guilt

- Relief
- Apathy or emotional numbness
- Withdrawing from family, coworkers, or avoiding social interactions
- Decline in focus, productivity, or decision-making

Remember grief is complex and so are the symptoms.

Construction CareLine

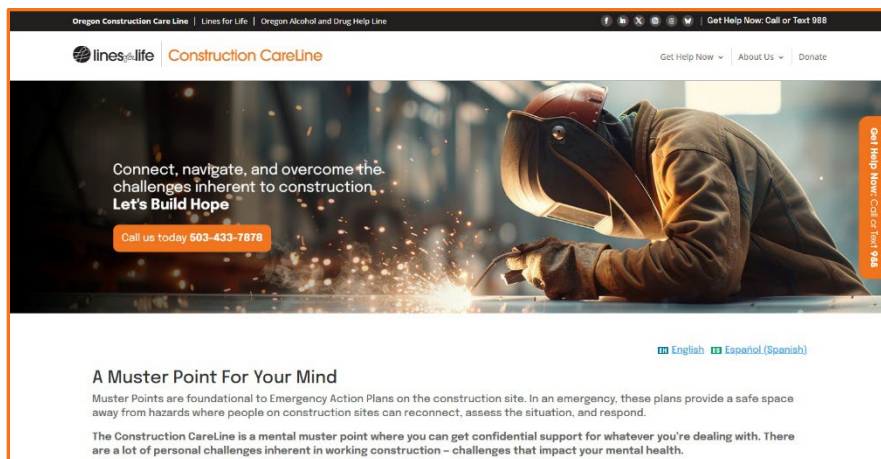
Muster points are foundational to emergency action plans on construction sites. In an emergency, they provide a safe space away from hazards where teams reconnect, assess, and respond.

The **Construction CareLine** serves as a mental health muster point — a confidential, non-judgmental space where workers can get support for whatever they are facing.

Construction presents unique personal and professional stressors that impact mental health. The Construction CareLine provides:

- Confidential support
- Non-judgmental listening
- Crisis intervention
- Resource referrals
- Immediate access to trained professionals

This service ensures that workers always have a safe place to turn.



Construction CareLine

A Muster Point For Your Mind



The Construction CareLine is a service where you can get confidential support for whatever you're dealing with. There are a lot of personal challenges inherent in working construction — challenges that impact your mental health.

The Construction Careline is a confidential, non-judgmental, free, and safe space to get support for tough challenges. Available 24/7/365

Call **833.444.6020** Today

Learn more at:



www.usconstructioncareline.org

¿Necesitas hablar en español? Llame al 503-433-7878, manténgase en la línea y lo conectaremos con alguien que pueda hablar con usted. English and Spanish-speaking counselors are available. Interpreters are provided for other languages.



Construction CareLine

Online Assessment Tool

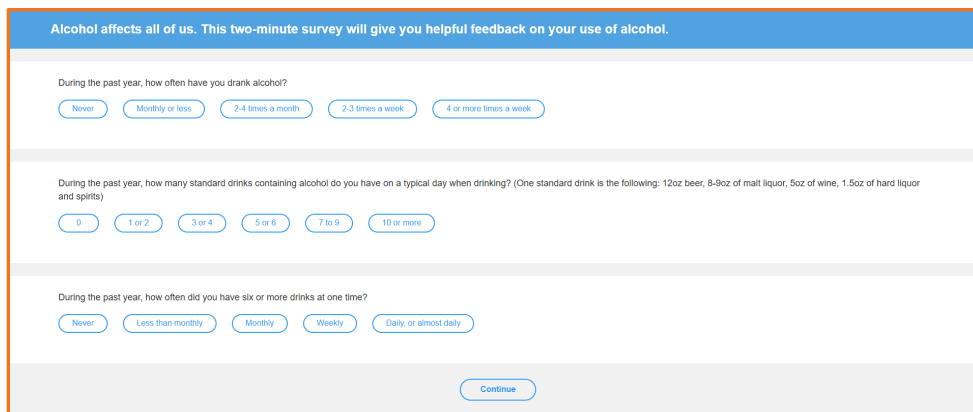
CSPP continues to provide practical tools to help the construction community prevent suicide and connect people to support. In partnership with CHESS Health we are pleased to announce the upcoming launch of new online assessment tools.

These confidential assessments will help individuals check in on concerns related to mental health or substance use. Workers will be connected to CSPP resources including the Construction CareLine.

The initial five assessments focus on:

- Alcohol
- Drugs
- Anxiety
- Depression
- Gambling

Beginning in May, the assessment questionnaires will be available through the CSPP website.



The screenshot shows a digital survey interface with a blue header and an orange border. The header text reads: "Alcohol affects all of us. This two-minute survey will give you helpful feedback on your use of alcohol." The survey contains three questions with multiple-choice options:

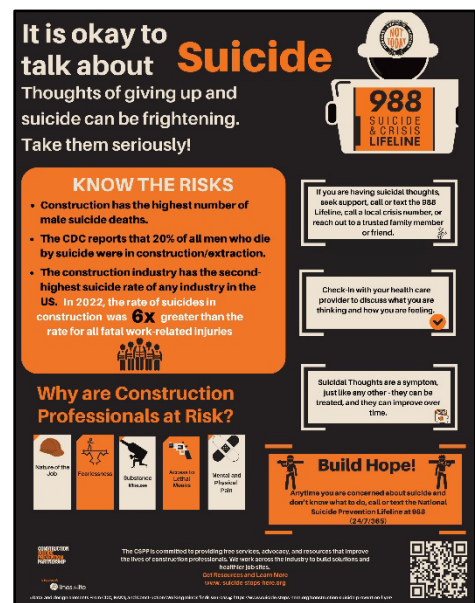
- Question 1: "During the past year, how often have you drank alcohol?" with options: Never, Monthly or less, 2-4 times a month, 2-3 times a week, 4 or more times a week.
- Question 2: "During the past year, how many standard drinks containing alcohol do you have on a typical day when drinking? (One standard drink is the following: 12oz beer, 8-9oz of malt liquor, 5oz of wine, 1.5oz of hard liquor and spirits)" with options: 0, 1 or 2, 3 or 4, 5 or 6, 7 to 9, 10 or more.
- Question 3: "During the past year, how often did you have six or more drinks at one time?" with options: Never, Less than monthly, Monthly, Weekly, Daily, or almost daily.

A "Continue" button is located at the bottom right of the survey area.

CSPP Resources and Materials

CSPP continuously creates new resources and content for workers to engage with and for employers to reference. We know that stigma and shame are barriers that keep construction workers from asking for help. Our goal is to make accessing help as easy, confidential, and simple as possible. We offer a variety of resources available for download on our website for your jobsite. Our resources include a **Safety Plan sheet, local and national mental health and substance use resources, and flyers** to hang in breakrooms.

Additionally, you can order hardhat stickers by emailing the CSPP Outreach Coordinator at emilyh@linesforlife.org



To find and download all our resources click the link or scan the code below. www.suicide-stops-here.org/resources-2023/



Training Opportunities

CSPP offers a variety of trainings addressing factors that contribute to mental health challenges in construction.

Our most requested training is **Question, Persuade, Refer (QPR)**, an evidence-based suicide prevention training that teaches participants how to:

- Recognize warning signs
- Engage in supportive conversations
- Connect individuals to appropriate resources

Additional offerings include:

- Customized training for crews
- Leadership and management-focused sessions
- Mental health awareness workshops
- Industry-specific prevention education



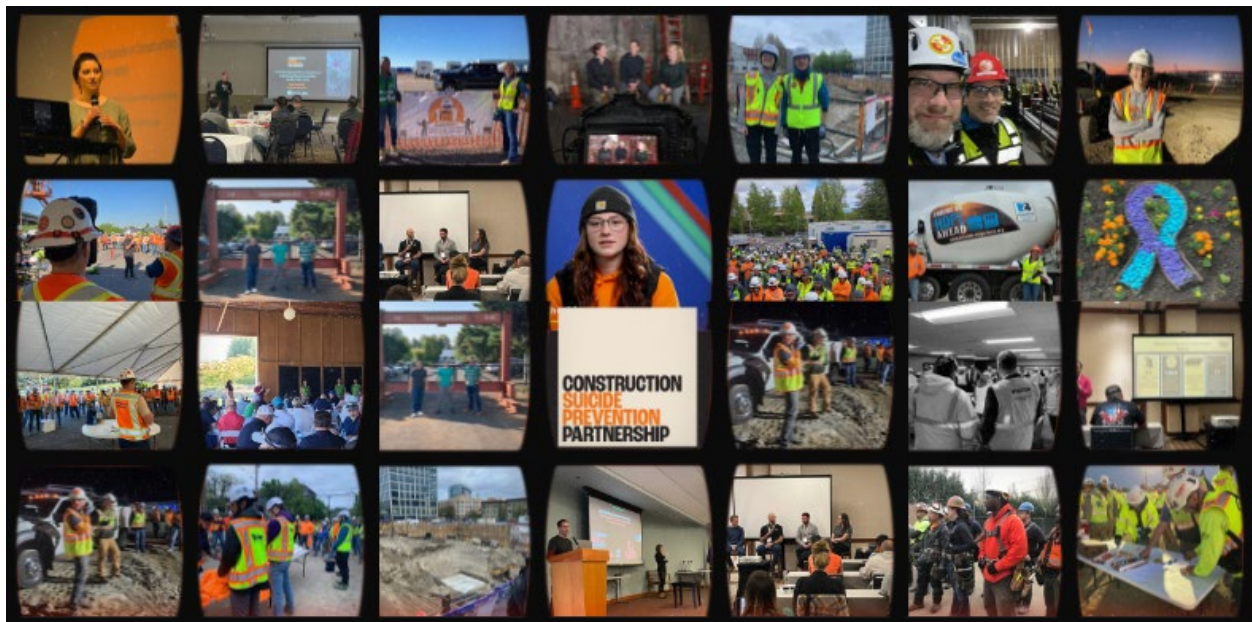
Year-Round Support

Safety Week is not the only time CSPP is available. We work with companies year-round to integrate mental health into safety culture through:

- Ongoing training
- Resource distribution
- Policy consultation
- Leadership engagement
- Jobsite campaigns

Our goal is sustainable change — well beyond a one-week initiative.

Join our listserv [here](#) to get involved!



Membership Support

**CONSTRUCTION
SUICIDE
PREVENTION
PARTNERSHIP**

Let's build a better way!

The construction industry is facing a crisis in mental health and substance abuse. Suicide claims **six times** more construction workers than workplace accidents, making it the **second-highest suicide rate** among U.S. industries.

The Construction Suicide Prevention Partnership (CSPP) knows the convergence of workplace hazards, substance misuse, and mental health challenges puts everyone at risk—a distracted partner can be dangerous.

We provide **proven, practical, easy-to-implement** tools to create **safer, healthier** job sites and employees.

Membership Benefits and Impact

- | | |
|-------------------------------------|------------------------------------|
| 01 Multi-media Toolbox Talks | 05 Tailored Support |
| 02 Construction CareLine | 06 Attract New Talent |
| 03 Skill-Building & Training | 07 Improve Job Site Culture |
| 04 Messaging and Resources | 08 Industry Collaboration |

CSPP membership gives your leaders a platform to share experiences, speak at conferences, and influence suicide and substance misuse policy, building hope and creating tools that save lives.

Annual Membership Levels

Members join at the level reflecting your organization's capacity to support the high-impact services and mental health consulting and support that the CSPP delivers.

- Platinum: \$15,000
- Gold: \$10,000
- Silver: \$5,000
- Bronze: \$2,500
- Member: \$1,000



Lines for Life is a nonprofit; membership donations can be tax-deductible.
Our EIN is 93-0725294

Learn more:



Join Us!

We're reducing suicide and making our job sites healthier and safer.
Want to know more? Please, contact us today at CSPPteam@linesforlife.org.

CSPP is a service of:



Our Members



Expected Outcomes

By implementing the CSPP Safety Week Packet, companies can expect to:

- Increase awareness of mental health and suicide prevention
- Normalize conversations around mental health
- Strengthen peer support on jobsites
 - Build intervention support skills on the jobsite
 - Availability of resources
- Improve employee well-being and retention
- Demonstrate leadership commitment to total worker safety

Join Us

Safety includes both physical and mental well-being. Through the CSPP Safety Week Packet, companies can take meaningful steps toward protecting their workforce from one of the most pressing safety issues in the construction industry.

CSPP stands ready to partner with you in building a safer, healthier construction culture — during Safety Week and beyond.

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