

Tools for Life – Weekly Health & Safety Meeting

The logo for Apollo Mechanical Contractors, featuring the word "Apollo" in a white, cursive script font inside a dark blue oval.

— MECHANICAL CONTRACTORS —
Building People Who Build Great Things

Home Healthy - Home Safe

Date: September 2022

Suicide Awareness – Part 1 “Signs of Crisis”

September is National Suicide Prevention Month and we at Apollo want to continue our education in Suicide Awareness and Prevention in hopes to help identify and help those in need. Suicide in the construction industry is 3 times greater than the general population’s suicide rate. Another alarming number in construction is that you are 5 times more likely to have a co-worker die by suicide than a death from any of the “Fatal Four” combined. (2018 data).

Suicide has a direct and indirect impact on our workforce while being the most preventable kind of death. Think of all the training you have received to help prevent injury or death if you have worked in the construction industry for 20 years. Now ask yourself how many times you’ve been trained on recognizing someone who may be in a mental crisis or the signs of suicidal thoughts. With a risk that is 5 times more deadly than the deadliest hazards in construction, it is only right we as a culture start creating opportunities for people to find and ask for help. Many risk factors face construction workers such as the tough person culture, high pressure to be productive and meet schedule constraints, isolation and separation from loved ones, and layoffs or worry of financial security. There are many signs that an individual has lost hope. Below are signs that can help identify if one is in crisis. Don’t be afraid to be the one to ask if someone needs help, you may just end up saving someone’s life.

Suicide/Crisis Warning Signs and Clues

- **Direct Verbal Clues:**
 - Saying “I wish I were dead.”
 - Saying “I’m going to end it all.”
 - Saying “I’ve decided to kill myself/commit suicide.”
- **Indirect Verbal Clues:**
 - Saying “I’m tired of life, I just can’t go on.”
 - Saying “My family would be better off without me.”
 - Saying “I just want out.”
- **Behavioral Clues:**
 - Acquiring a gun or stockpiling pills.
 - Putting personal affairs in order.
 - Drug or alcohol abuse, or relapse after a period of recovery.
- **Situational Clues:**
 - Diagnosis of a serious or terminal illness.
 - Anticipated loss of financial security.
 - Fear of becoming a burden to others.

HEALTHY OR SAFETY REMINDER: It is a myth that those who talk about suicide will not do it and those truly in crisis will not communicate their plans. The fact is those who talk about suicide may attempt an act of self-destruction and most suicidal people communicate their intent sometime during the week of preceding their attempt.

If construction industry can address a smashed finger as well as a depressed worker or someone in crisis, then we can all start to grow as an industry. Being tough and strong can only be accomplished if we are self-aware and get to the resources that can help us turn the corner.

Discussion Points/Quiz Questions:

1. What are some other risk factors that put construction workers at risk for suicide?
2. What are some other direct, indirect, behavioral, or situational clues that someone is in crisis?
3. Once you have spotted the signs, question the person’s intent. (Part 2 will highlight how to question).

#BeThe1To Ask.

Don't be afraid to ask the tough question.

**When somebody you know is in emotional pain,
ask them directly:**

“Are you thinking about killing yourself?”

Find out why this can save a life at [BeThe1To.com](https://www.BeThe1To.com).
If you're struggling, call the Lifeline at

1-800-273-TALK (8255)

