

Are You “HAPPY” At Work & The Mental Health Crisis in The Construction Industry



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53.2 suicides per 100,000 workers (CDC)

10.2 per 100,000 is the national construction fatality rate (BLS)
4 x 5 times higher than all construction deaths combined



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**DO YOU KNOW SOMEBODY
WHO HAS DIED FROM
SILICA EXPOSURE?**



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**DO YOU KNOW SOMEBODY
WHO HAS DIED BY SUICIDE?**



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**DO YOU KNOW SOMEBODY
WHO HAS DIED FROM
A FALL?**



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\$2,300,000.00

\$3-\$1 ROI



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In 2020:

45,979 people
died by suicide
in the United States.

That is 1 death
every 11 minutes.

- ➔ 12.2 million adults seriously thought about suicide
- ➔ 3.2 million adults made a plan
- ➔ 1.2 million adults attempted suicide

What does this mean for Construction? What's the real impact of Mental Wellbeing?

Construction

Over 5,000

Construction
workers died by
Suicide in 2020

- 1.38 Million Construction Workers seriously thought about suicide
- 350,000 Construction Workers made a plan to die by suicide
- 135,000 Construction Workers attempted suicide

How many of your employees are impacted by Depression, anxiety, or other mental illnesses?

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Suicide by Construction Trade

Construction has the highest number and rate of suicides

- ✓ Almost 53.2 per 100,000 workers (vs. 14.2 for US population)
- ✓ More construction workers die by suicide each year than all other workplace-related fatalities combined.

- | | |
|------------------------------|---|
| 1. Ironworkers = 79 | 7. Equipment Operators = 52.8 |
| 2. Millwrights = 78.7 | 8. Construction Managers = 45.7 |
| 3. Brick/Block masons = 67.6 | 9. Electricians = 44 |
| 4. Roofers = 65.2 | 10. Construction trades first-line supervisors = 44 |
| 5. Laborers = 62 | 11. Plumbers, pipefitters/steamfitters 35.4 |
| 6. Carpenters = 54.7 | |



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Lifetime odds of death for selected causes, United States, 2020

Cause of Death	Odds of Dying
Heart Disease	1 in 6
Cancer	1 in 7
Chronic Disease	1 in 10
Opioid Overdose	1 in 67
Suicide	1 in 93
Fall	1 in 102
Gun Assault	1 in 221
Pedestrian Incident	1 in 541
Motorcyclist	1 in 799



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Why Us?

Why...

The Construction Industry?



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shame

rejection

suicide

depression

addiction

loneliness

BREAK THE STIGMA

fear

anxiety

substance

bullying

opiods

misuse

Awareness is growing...

fix this?



[#speakupspeakout](#)



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A Few Best Practices...

Offer Training in Mental Health



Promotion of Employee Assistance Program and insurance offerings



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A Few Best Practices...

Provide Mental Health Assessment Resources

Talk about the importance of Mental Health routinely (toolbox talks, meetings, & company communications)



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MISSOURI CHAPTER
THE CONSTRUCTION ASSOCIATION

LET'S TALK
MENTAL HEALTH

Mental Health vs Mental Illness

Mental Health:

- Emotional, psychological, and social wellbeing
- Affects how we think, feel, and act
- Helps determine how we handle stress, relate to others, and make healthy choices
- Changes over time and is impacted by many factors:
 - » genetics
 - » life events
 - » environmental stressors
 - » poor physical health
 - » change in routine

Mental Illnesses:

- Conditions that affect a person's thinking, feeling, mood or behavior, such as depression, anxiety or bipolar disorder.
- May be occasional or long-lasting (chronic) and affect someone's ability to relate to others and function each day
- Among the most common health conditions in the United States - more than 50% of Americans will be diagnosed with a mental illness or disorder at some point in their lifetime

1 in 25
The U.S. adult population experiences a mental health disorder.

17%
Of youth (12-17 years) experience a mental health disorder.

Take action to create living conditions and environments that support mental health and a healthy lifestyle. Our industry and region are coming together to promote good mental health in construction. Below are things you can do to support the mental health of you and your coworkers.

Recognize It
Look out for common signs someone is struggling

Talk About It
Connect with someone you trust to share your concerns

Support Others
Let them know you there to listen and find help if needed

Get Help
Reach out to your doctor for support and guidance

"I spent most of my life feeling on edge and irritated. I'd blow up at my co-workers and family over a few things. It wasn't until my wife made me go to marriage counseling that I realized I had anxiety. And I realized that it got a whole lot worse when project deadlines approached."

"I feel a lot of people in construction have mental health issues, and working in construction compounds it. Even if you realize you have these problems, there's no way to treat or deal with them, so it becomes worse and worse."

"If you're working 60 hours a week, you're setting yourself up to fail. Talk, masculinity is an easy thing to pin it on, but the issues are more complex."
—Anonymous

800-273-TALK
suicidepreventionlifeline.org

Washington University in St. Louis
OFFICE OF THE CHIEF OF STAFF

Scan for survey and mental health resources



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HOPE.

SUICIDE ISN'T THE ANSWER
HOLD ON PAIN ENDS



CALL OR TEXT
24 HOURS A DAY:

988



Helplines are free, confidential
and are not affiliated with AGCMO.

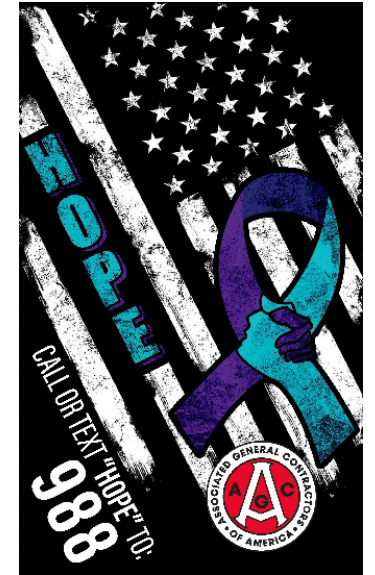
Scan for
mental health
resources



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Best Practices Guide



Tool Box Talks



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Need a written program?

This FREE sample program will help you establish the tools and resources you have available to your teams and can become a roadmap to action on the subject matter.



Seven pages of resources



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NATIONAL RESOURCES

- **The Center for Construction Research and Training (CPWR)**
<https://www.cpwr.com/>
- **Centers for Disease Control and Prevention (CDC) Suicide Prevention**
webpage <https://www.cdc.gov/>
- **Construction Industry Alliance for Suicide Prevention**
(CIASP)<https://preventconstructionsuicide.com/>
- **American Foundation for Suicide Prevention** <https://afsp.org/>



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Join AGC of America National Mental Health and Suicide Prevention Forum



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Thank You

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