

Alarming Statistics

The Centers for Disease Control and Prevention found that people working in construction have one of the highest suicide rates by population: their rate of suicide is about four times higher than the general population and is the second-highest rate of all workplace industries at 45 per 100,000. *Dec 12, 2022*

Suicide Warning Signs

It is important to know the warning signs of suicide. The more of these signs a person shows, the greater the risk of suicide.

- Talking about wanting to die.
- Looking for a way to kill oneself.
- Talking about feeling hopeless or having no purpose.
- Talking about feeling trapped or being in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious, agitated, or reckless.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings

What Can I Do To Help a Family Member or Friend?

If you suspect someone may be at risk for suicide, it is important to ask directly about suicidal thoughts. Do not avoid using the word “suicide” as it does not increase risk of suicide. Listen to the person non-judgementally; talking things out shows that you care and want to hear their story. Get others involved by connecting them with available support. Your local Community Service Board, the National Suicide Prevention Lifeline, or the National Crisis Textline are resources that can guide you to what action you need to take.

- **Mental Health First Aid (MHFA) Training**

Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. If you are interested in becoming certified in Mental Health First Aid, please locate a class near you here or contact Michael Olsen at Michael.Olsen@dbhds.virginia.gov for more information.

- **Applied Suicide Intervention Skills Training (ASIST) Training**

Applied Suicide Intervention Skills Training is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. If you are interested in completed an ASIST training, please locate a class near you here or contact Nicole Gore at Nicole.Gore@dbhds.virginia.gov for more information.

Helpful Links:

<https://ohsonline.com/Articles/2022/12/12/Rethinking-the-Construction-Industrys.aspx?Page=1>

U.S. Dept of Labor

<https://blog.dol.gov/2022/09/08/getting-the-word-out-on-preventing-suicides>

<https://smallbusiness.chron.com/human-resource-laws-regulations-mental-illness-60823.html>

<https://www.eeoc.gov/laws/guidance/depression-ptsd-other-mental-health-conditions-workplace-your-legal-rights>

<https://www.dol.gov/agencies/odep/program-areas/mental-health>