

Face suicide warning signs before it's too late.

- Increased tardiness and absenteeism
- Decreased productivity
- Decreased self-confidence
- Isolation from peers
- Agitation and increased conflict among co-workers
- Increased feelings of being overwhelmed
- Decreased problem solving ability
- Legal and illicit substance abuse
- Near hits, incidents and injuries

Construction workers are statistically at a higher risk for mental health issues than virtually every other profession. If you or someone you know is feeling depressed or suicidal, both you and they are not alone. There are others in our industry who can relate, and more importantly, others who can help.

For urgent assistance, please reach out to the **National Suicide Prevention Lifeline** right away.

BUILDING A ZERO SUICIDE INDUSTRY.

ALLIES IN THE FIGHT FOR SUICIDE PREVENTION & MENTAL HEALTH PROMOTION



www.cfma.org/suicideprevention
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www.constructionworkingminds.org



www.mantherapy.org

