



Text HELLO to 741741
Free, 24/7, Confidential

www.crisistextline.org

1-800-273-TALK (8255) or
suicidepreventionlifeline.org

www.preventconstructionssuicide.com

HELP IS WITHIN REACH

CONSTRUCTION has the
highest number of **SUICIDES** and
the highest **SUICIDE RATE**

**THIS MUST
CHANGE**

RECOGNIZE THE **WARNING SIGNS**

Appearing sad
or depressed
most of the time

Increased tardiness
and absenteeism

Near hits, incidents,
and injuries

Decreased
productivity

Increased conflict
among co-workers

Extreme
mood swings

Increased use of
alcohol or drugs

Talking about feeling
trapped or wanting
to die

Decreased
self-confidence

Feeling hopeless
and helpless

Sleeping too much
or too little

Acting anxious,
agitated, or reckless

Withdrawing from
family and friends

Talking about being
a burden to others

Decreased problem-
solving ability