



Over the last several years, the rate of suicide has increased, and it is now the 10th leading cause of death in the U.S. The construction industry has one of the highest suicide rates compared to other industries. Although there is no simple reason for this increase, learning the warning signs and how to reach out for help could save your life or the life of a co-worker.

John and Matt's Story

Matt noticed that his co-worker John was acting differently, becoming easily upset, not following safe practices on the job, and eating lunch alone. He recognized that these may be the warning signs of suicide. During lunch he called a crisis hotline and asked for advice on how to talk to John and get him help. At the end of the day, Matt approached John and said that he had noticed a change in his mood and behavior lately and was concerned. He asked John if he has had any thoughts of suicide and told him about the hotline. John was angry at first, but then admitted that he had been feeling depressed and is relieved that he can talk to someone about it. Matt convinced John to call the crisis hotline. John is now getting the help he needs, and Matt is continuing to provide support.

Have you known someone who experienced suicidal thoughts or died by suicide?

What are examples of the warning signs of suicide?

How can we help a co-worker when there are warning signs of suicide?

Remember This

3/4 Recognize the Warning Signs:

Talking about:

- Wanting to die
- Guilt or shame
- Being a burden to others

Feeling:

- Empty, hopeless, trapped, or having no reason to live
- Extremely sad, anxious, agitated, or angry
- Unbearable emotional or physical pain

Behavior:

- Planning or researching ways to die; purchasing a gun
- Withdrawing from friends, family, or activities, saying goodbye, giving away possessions, or making a will
- Agitation or rage increased conflict among co-workers
- Extreme mood swings
- Changes in personality or neglecting their appearance
- Taking dangerous risks, such as increased alcohol or drug use or driving recklessly
- Eating or sleeping more or less
- Increased tardiness and absenteeism from work

3/4 If someone you know is showing any of these signs, don't ignore them. Start a conversation. The best way to find out if a

Learn to recognize the warning signs of suicide.

If someone you know is exhibiting warning signs, don't ignore them. Reach out and start a conversation.