

SUICIDE PREVALENCE IN THE CONSTRUCTION INDUSTRY

AS A PART OF OUR MISSION TO RAISE AWARENESS AROUND THE PREVALENCE OF SUICIDE IN THE CONSTRUCTION INDUSTRY, BALFOUR BEATTY HAS DEVELOPED THIS INFOGRAPHIC TO UNDERScore THE CHRONIC NATURE OF THIS ISSUE.

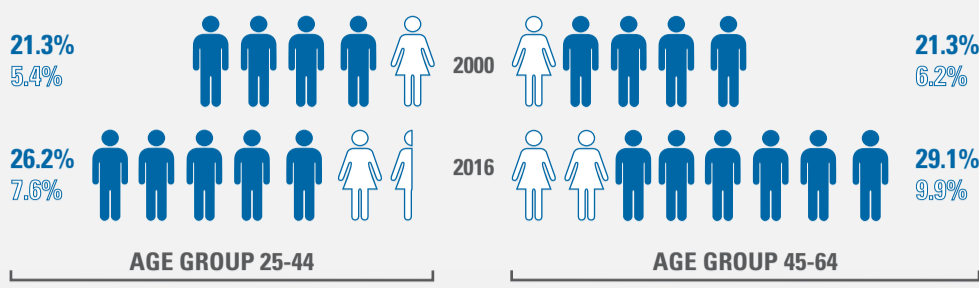
THE EPIDEMIC

A SNAPSHOT OF SUICIDE IN AMERICA



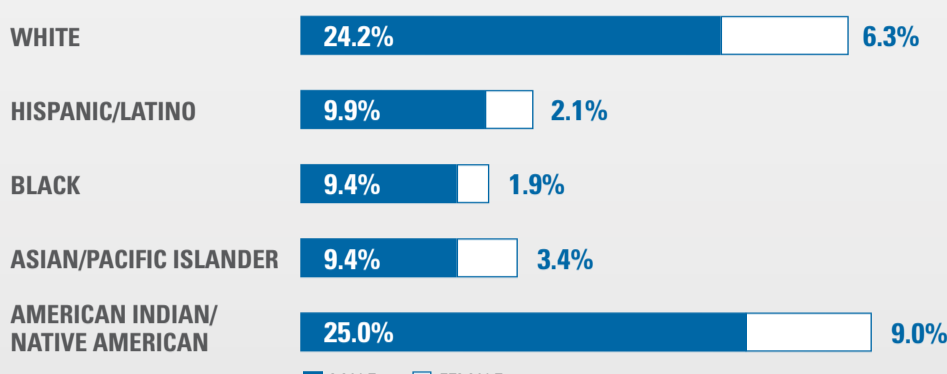
BY GENDER

MALES ARE MORE LIKELY TO DIE BY SUICIDE



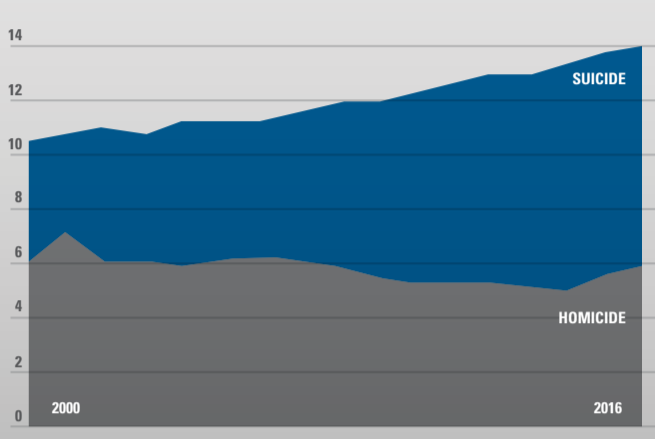
RACE / ETHNICITY RATES

WHITE AND NATIVE AMERICAN MALES ARE AT THE HIGHEST RISK



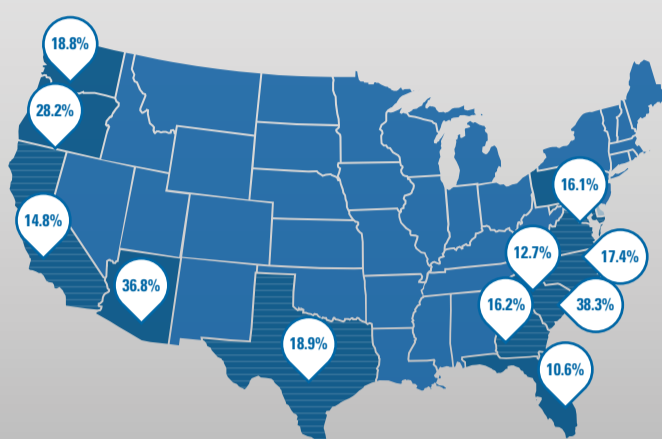
SUICIDE VS HOMICIDE

SUICIDE DEATHS IN AMERICA CONSISTENTLY OUTNUMBER HOMICIDES

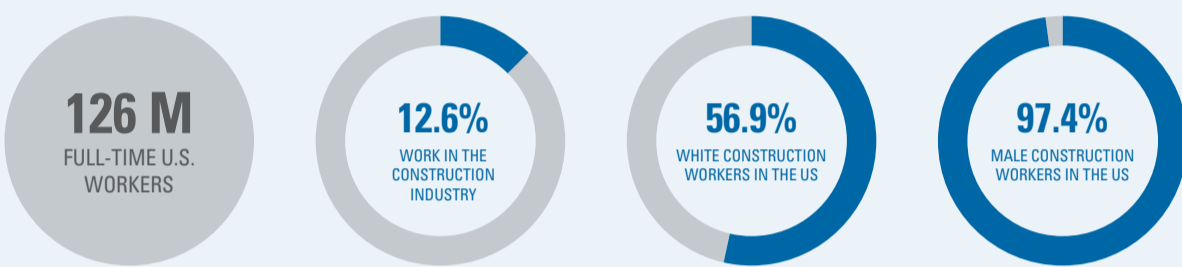


STATE SNAPSHOT: SUICIDE RATES INCREASING

RATES INCREASED IN ALMOST EVERY STATE, INCLUDING ALL STATES WHERE BALFOUR BEATTY HAS A PRESENCE

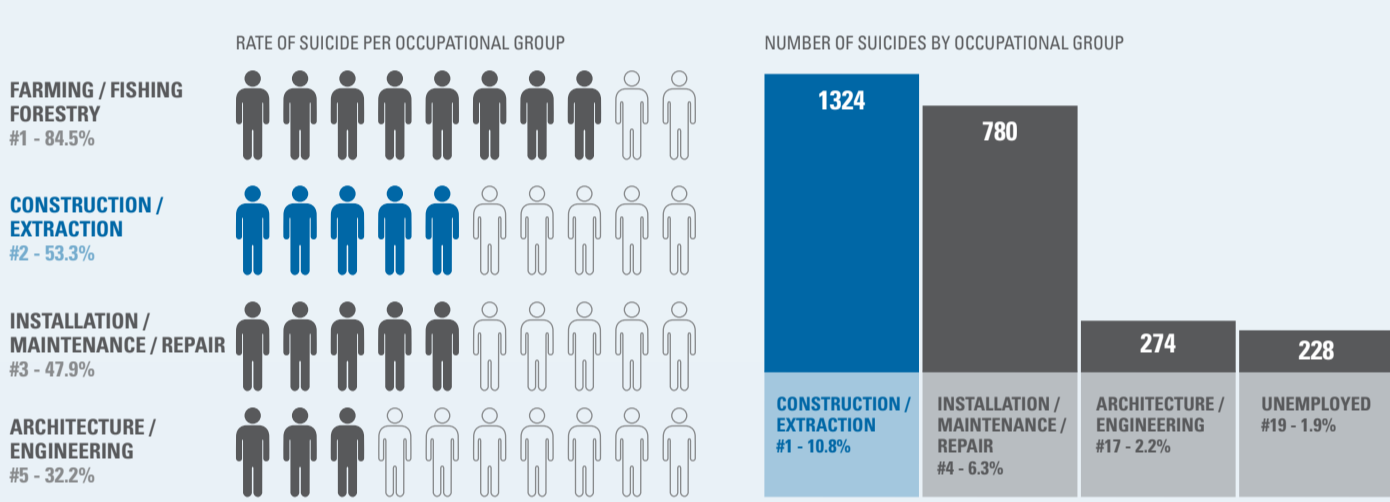


CONSTRUCTION INDUSTRY SNAPSHOT



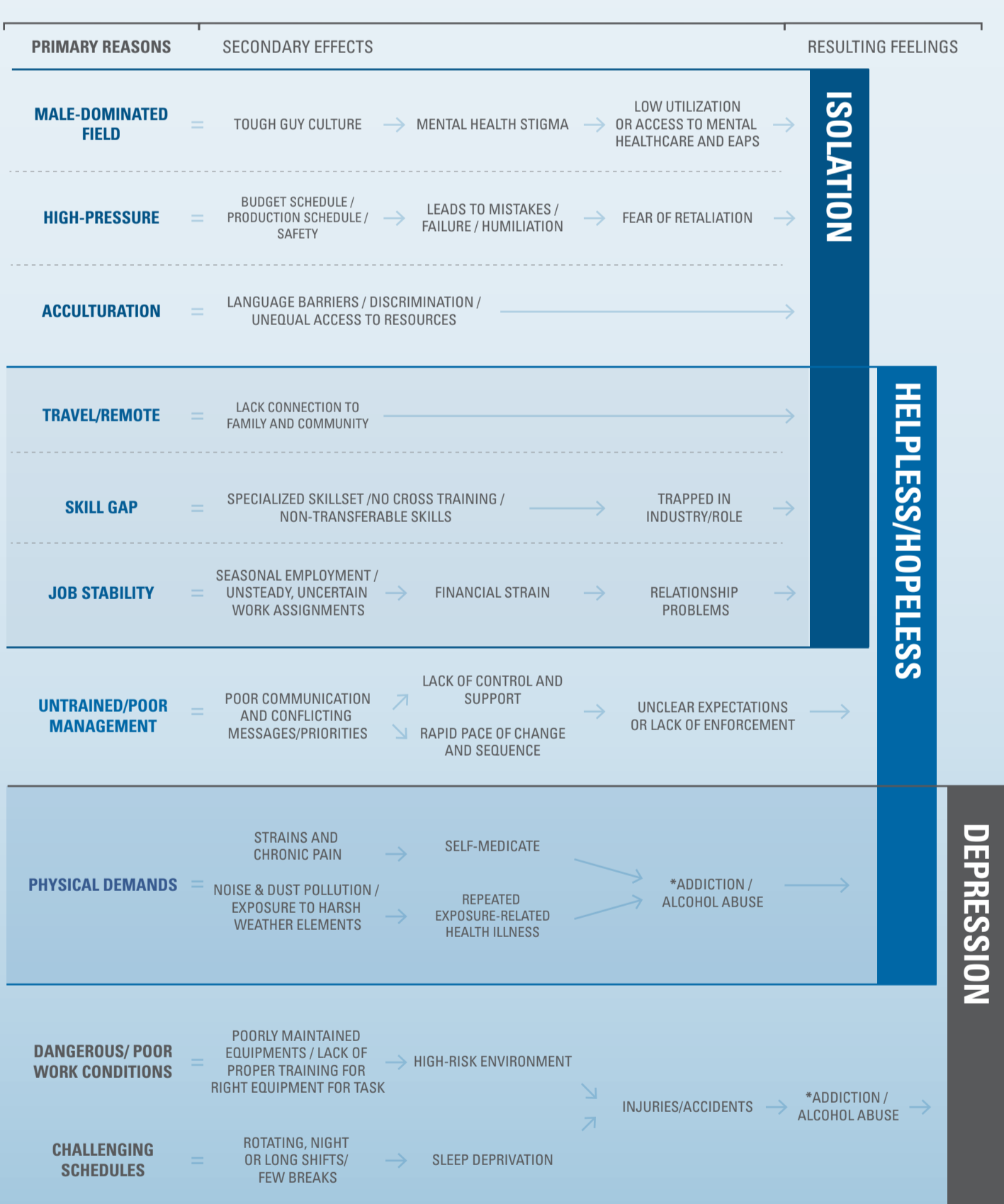
SUICIDE PREVALENCE IN THE CONSTRUCTION INDUSTRY

CONSTRUCTION INDUSTRY OCCUPATIONAL GROUP RANKS 2ND IN SUICIDE PREVALENCE



CONSTRUCTION INDUSTRY: A SNAPSHOT OF MENTAL HEALTH DRIVERS

CONSTRUCTION INDUSTRY SUICIDE RATE 53.3%. HIGHEST AMONG MALES 52.5%.



*DID YOU KNOW THE CONSTRUCTION INDUSTRY HAS THE HIGHEST RATE OF PRESCRIPTION OPIOID ABUSE?

HOW CAN WE HELP CHANGE PERCEPTIONS TO REDUCE SUICIDE INDUSTRY STATISTICS?

THE CONSTRUCTION INDUSTRY HAS A SOLID REPUTATION FOR STRONG SAFETY CULTURES – THIS NEEDS TO BROADEN TO INCLUDE MENTAL WELLNESS.

- Organizational, union and company leaders need to acknowledge the epidemic and create targeted awareness, training and assistance programs.**
 - Training for managers and co-workers on signs and symptoms of suicidal behavior
 - Training that goes deeper in to the field: stress management, communication skills
- Lead in a culture that actively focuses on mental wellness, in addition to physical wellness.**
 - Incorporate mental health wellness discussions as a part of tool box talks and stretch-n-flex routines
 - Promote use of free and confidential resources and employee assistance programs
 - Eradicate the perception that mental health and suicide shouldn't be talked about in company/jobsite
- Foster community and connection with workplace team – drive this in to the field "work family"**
 - Social networks
 - Camaraderie building activities
 - Increase inter-personal conversations "how was your weekend" "did your kid's team win the soccer game?" "Tell me about your family."
 - Genuinely ask "how are you doing?" and say "I care about your safety and wellbeing" and remind teammate "you can always come talk to me if something is weighing on your mind."
- Ensure visibility of assistance programs**
 - National Suicide Prevention Lifeline 1-800-273-TALK / suicidepreventionlifeline.org
 - ManTherapy.org
 - Carsonjspencer.org
 - Nami.org
 - Save.org
 - Constructionworkingminds.org
 - Actionallianceforsuicideprevention.org
 - Crisis text line / text HELLO to 741741

SOURCE CITATIONS

- Center for Disease Control and Prevention – National Center for Health Statistics, "Suicide Rates in the United States Continue to Increase" June 2018
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- Center for Disease Control and Prevention, "Suicide Rates by Occupational Group" July 2016
- Center for Disease Control and Prevention, "Improving Occupational Safety and Health in the Construction and Mining Industries" May 2018; authors: Earnest, Scott; Betit, Eileen; Willmer, Dana
- Bureau of Labor Statistics
- National Survey on Drug Use and Health, "Receipt of Services for Substance Abuse and Mental Health Issues Among Adults: Results from the 2016 National Survey on Drug Use and Health" 2016