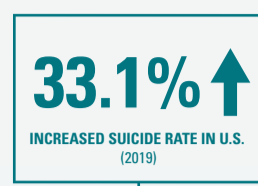


# SUICIDE PREVALENCE IN THE CONSTRUCTION INDUSTRY

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 pandemic has created additional stressors and concerns on an essential workforce evidenced by an increase in suicide rates in the industry.

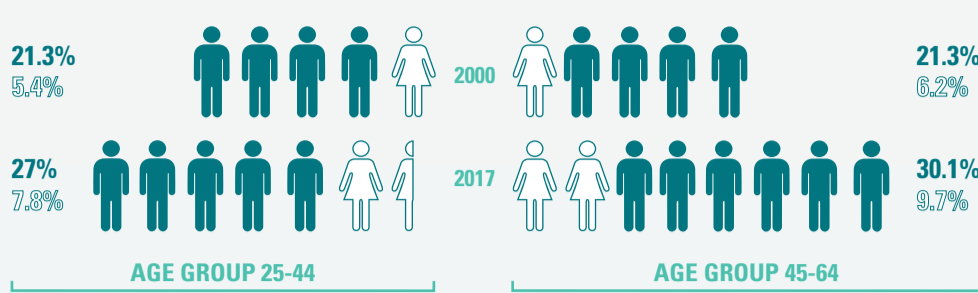
## THE EPIDEMIC

A SNAPSHOT OF SUICIDE IN AMERICA



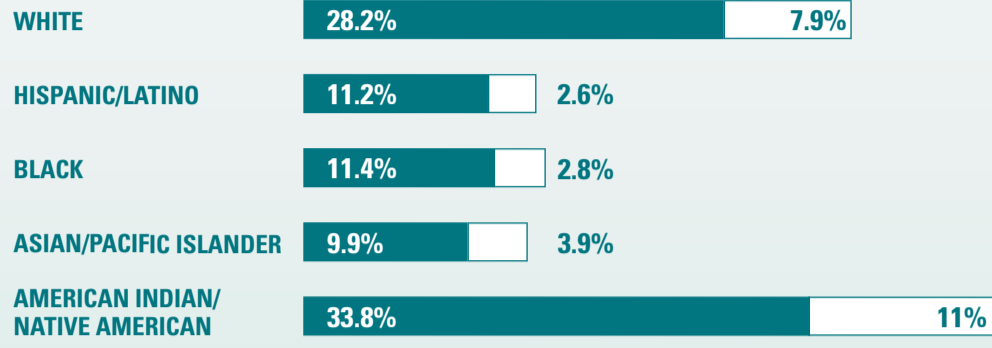
## BY GENDER

MALES ARE MORE LIKELY TO DIE BY SUICIDE



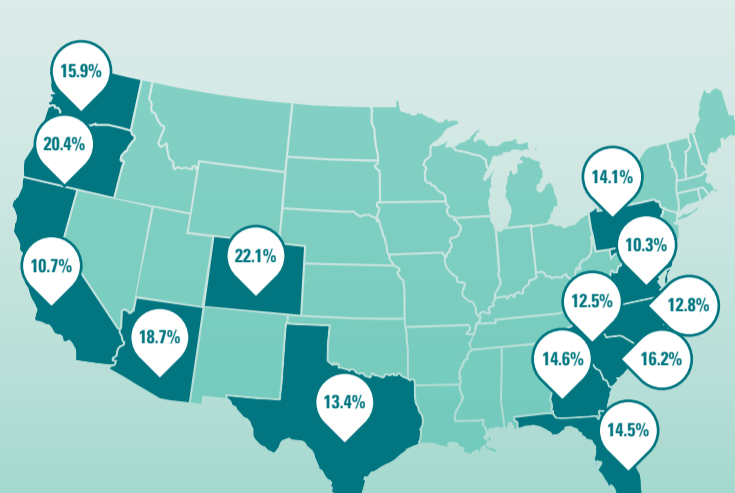
## RACE / ETHNICITY RATES

RATES FOR ALL RACE, ETHNICITIES AND GENDERS HAVE INCREASED

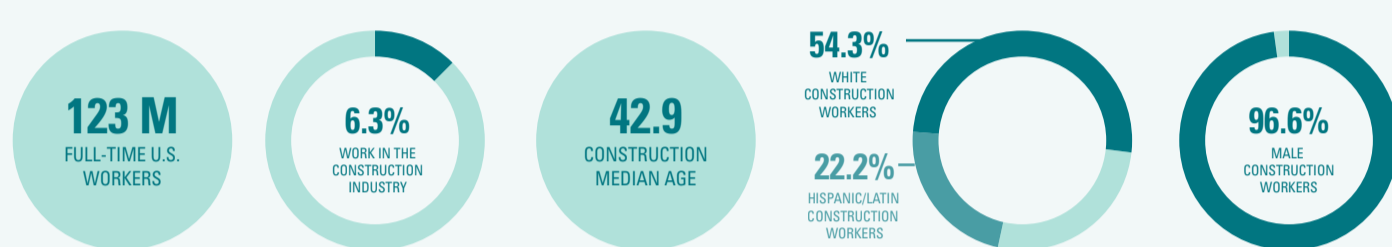


## STATE SNAPSHOT: SUICIDE RATES INCREASING

SUICIDE RATES ACROSS STATES WHERE BALFOUR BEATTY OPERATES

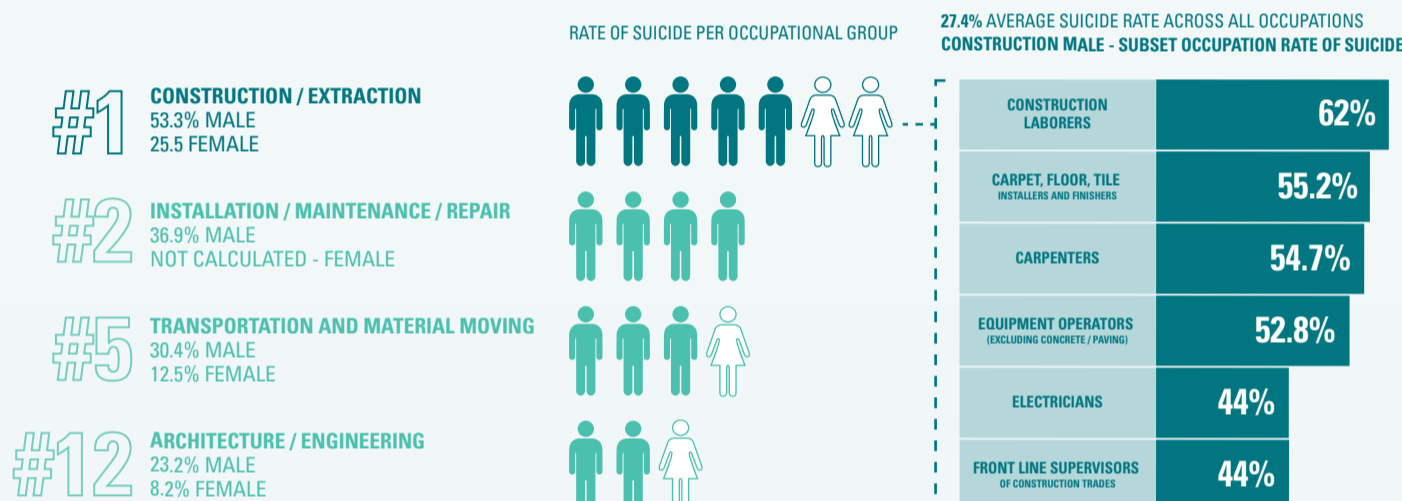


## US CONSTRUCTION INDUSTRY SNAPSHOT

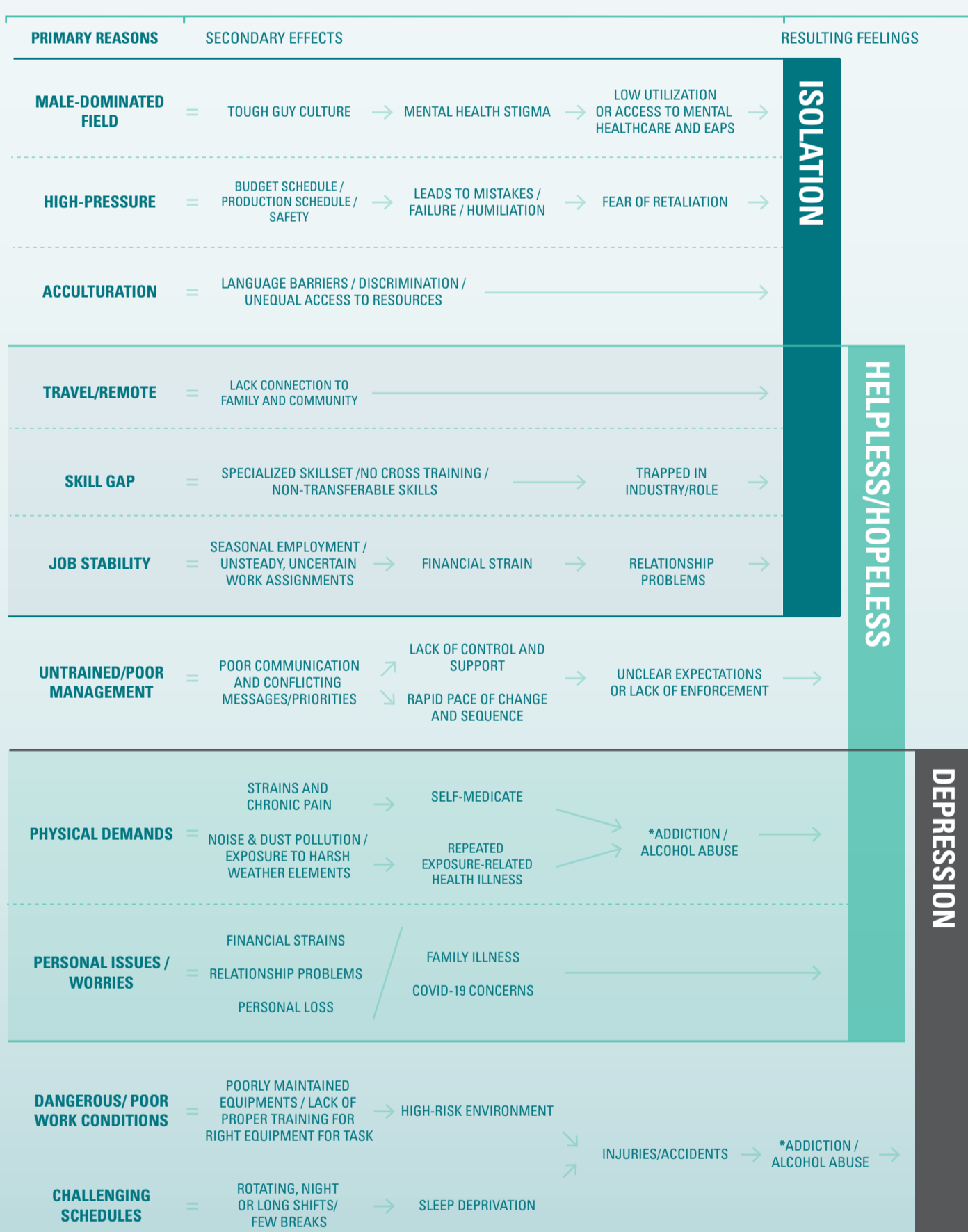


## SUICIDE PREVALENCE IN THE CONSTRUCTION INDUSTRY

CONSTRUCTION INDUSTRY OCCUPATIONAL GROUP RANKS 1ST IN SUICIDE PREVALENCE



## CONSTRUCTION INDUSTRY: A SNAPSHOT OF MENTAL HEALTH DRIVERS



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

## SIGNS OF MENTAL DISTRESS

- LETHARGY
- LACK OF MOTIVATION
- DIFFICULTY CONCENTRATING
- ABSENTEEISM/TARDINESS
- SELF-DEPRECIATING TALK



- UNEXPLAINED PRODUCTIVITY OR PERFORMANCE DECLINES
- SELF-ISOLATION FROM CREW ESPECIALLY DURING BREAKS
- RECKLESS CHOICES, INCLUDING NOT ADHERING TO SAFETY PROTOCOLS
- CONFLICTS WITH CO-WORKERS

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

THE CONSTRUCTION INDUSTRY HAS A SOLID REPUTATION FOR STRONG SAFETY CULTURES – LET'S BROADEN OUR FOCUS TO INCLUDE MENTAL WELLNESS WITH THE SAME IMPORTANCE AS PHYSICAL WELL BEING.

- 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 and the appropriate referral resources
  - Targeted training for the field crews: stress management, financial management, conflict resolution, communications skills, diversity and inclusion
- 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 mental health and life skills resources and employee assistance programs
  - Eradicate the perception that mental health and suicide shouldn't be talked about in company/job site
- Foster community and connection among work crews -- a true sense of team**
  - 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 reminding teammate "you can always come talk to me if something is weighing on your mind."
- Implement Balfour Beatty's Need to Talk training**
  - National Suicide Prevention Lifeline 1-800-273-TALK / [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)
  - ManTherapy.org
  - Carsonspencer.org
  - Nami.org
  - Save.org
  - Constructionworkingminds.org
  - Actionallianceforsuicideprevention.org
  - Crisis text line / text HELLO to 741741

## SOURCE CITATIONS

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