

Construction workers are more likely to die by suicide than in a workplace incident.

The construction industry has the second highest suicide rate in the U.S. following the oil and gas industry.

Suicide is also the second leading cause of death for men ages 25-54 in Washington State, there is estimated to be 1 self inflicted death every 7 minutes.

WRS Program Outline

- 1) Why are Construction Workers at Risk?
- 2) What Resources are Available?
- 3) What Can I Do to Help Someone in Need?
 - L.E.A.R.N. Method
- 4) Creating Better Work Environments

Why are Construction workers at risk?

- 1. Stigmatization machismo
- 2. Job uncertainty
- 3. Limited Access to Resources
- 4. Stress
- 5. Chronic Pain / substance abuse







How to Reduce Stigmatization

- Ask fellow workers how they are doing and be open about your own struggles.
- Hold safety meetings and toolbox talks that address suicide prevention.

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How do We Reduce Stress Caused by Job Uncertainty?

- Communicate job outlook and projected completion dates to crews.
- WRS offers many resources which can teach workers about budgeting and financial planning that can help reduce anxiety caused by a lost paycheck.





Increasing Access to

Resources

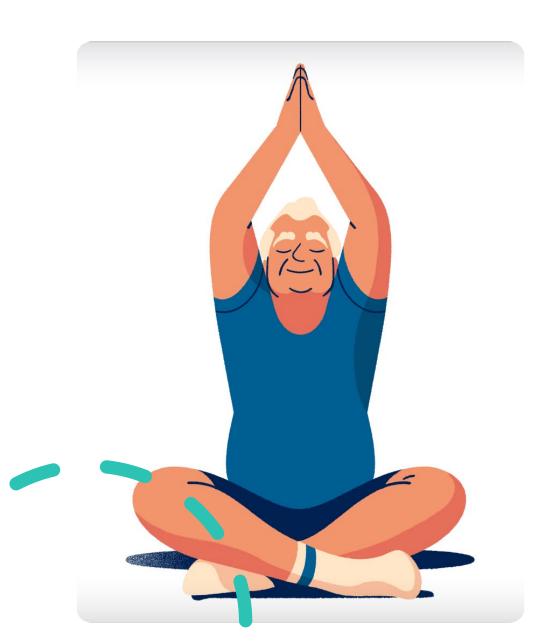
- Post signs in breakrooms and bathrooms with information on help resources.
- Discuss these resources with crews.
- Right Now Media on Bamboo has books, podcasts, and other media which address mental health and wellness.







How Can We Reduce Stress?



Project Management Teams:

- Assign realistic and manageable tasks
- Limit overtime
- Allow workers to have control over as many aspects of their jobs as possible
- Give recognition and appreciation to employees

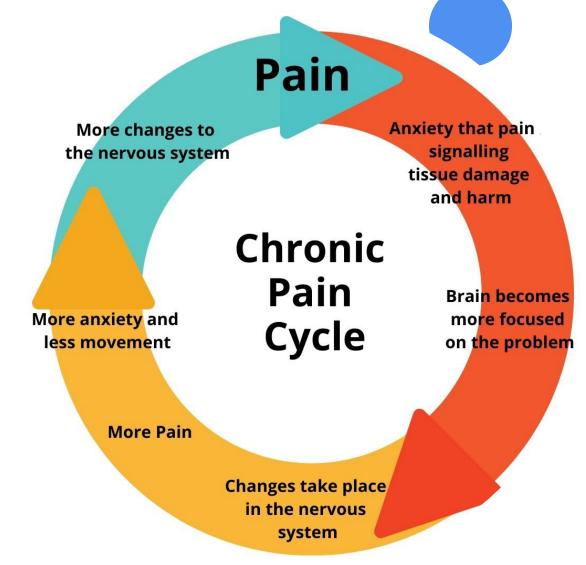
Individuals:

- Establish a support system
- Take breaks and take time off when you need it.
- Set realistic goals for yourself
- Take time to focus on what's going right!



Chronic Pain and Substance Abuse

- Assess jobsites and tasks for ergonomic issues
- Throw away old prescriptions
- See a doctor
- Alter job tasks when you need to
- Seek help for dependency through ASAP.





Available Resources:

Suicide Hotlines

WRS Worker Handout

Screenings

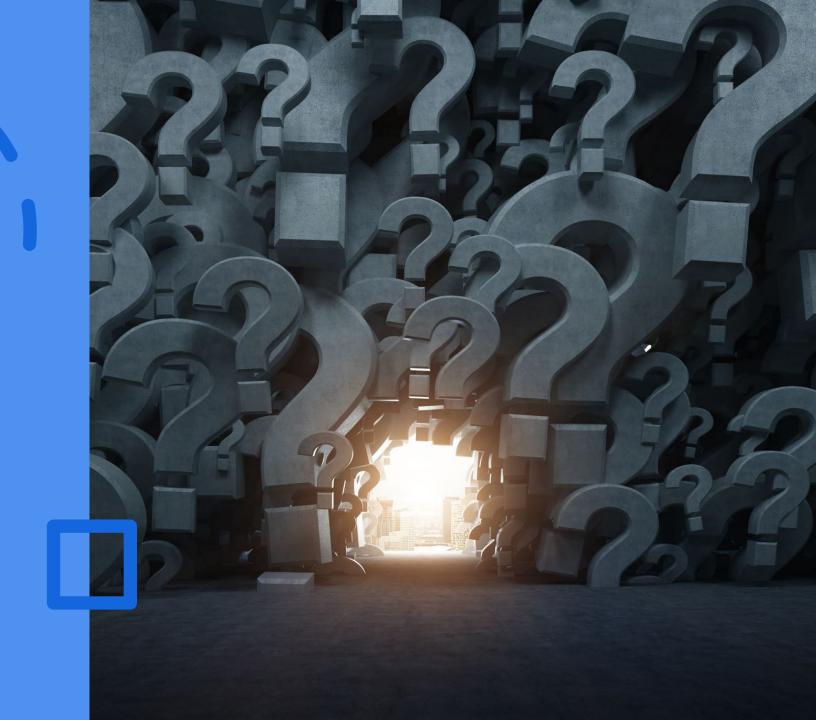
- "Man Therapy"
- SAMHSA
- The Trevor Project
- Insurance Providers

WRS Mental Health and Suicide Prevention Resources

Suicide Prevention Hotline (general)	1-800-273-TALK (8255)
Crisis Text Line	Text "Hello" to 741741
Provides up to three in-person sessions with a counselor per year, per individual. Employees can exchange a counseling session for a 30-minute attorney consult. Life Work Specialist on staff who can assist with finding substance abuse programs, housing options, etc.	https://www.mutualofomaha.com/eap/ - "request services" for seeking employee benefits or call 1(800)316-2796 for immediate assistance, this call center is available 24/7
Online Mental Health Screening	
Covers many topics such as addiction, eating disorders, stress disorders, depression, etc.	COMMUNICATION SUICIDE PREVENTION
	https://screening.mentalhealthscreening.org/ciasp
"Man Therapy" A 20-question mental health screening specifically tailored for middle aged men	https://mantherapy.org/head-inspection/question
SAMHSA	CAMUCA
(Substance Abuse and Mental Health Services Administration) Offers endless resources for all types of mental health support from provider locator search engines to research articles and training.	Suicide Prevention Resource Center: https://www.samhsa.gov/ Suicide Prevention Resource Center: https://www.sprc.org/ Society for the Prevention of Teen Suicide: https://sptsusa.org/
Other trusted resource sites include the Society for the Prevention of Teen Suicide (SPTSUSA) and the Suicide Prevention Resource Center.	https://www.mysafetyplan.org/ provides a great template for a "safety plan" for at risk individuals that allows them to identify warning signs, distractions or coping strategies, emergency contacts, and removal of items which could be used for self harm.
The Trevor Project	*TDE\40D
Suicide prevention and crisis intervention for LGBTQ	Survey Many LifeTO Lives https://www.thetrevorproject.org
Insurance Coverage	WRS provided insurance coverage for mental health varies depending on the individual plan. Check with HR or online for benefit information.
Better Help An online counseling platform that allows individuals to talk with a licensed therapist via phone or video message. This can be much cheaper and more convenient than in-office visits. Better Help also has two sister sites which provide counseling for teens and couples.	Individual therapy: www.Betterhelp.com Couples Therapy: www.regain.us Teen counceling (ages 13-18): www.Teencounseling.com betterhelp



Helping Someone in Need





The L.E.A.R.N. Method

Look for the signs

Empathize and listen

Ask about suicide

Reduce the danger

Next steps

Look for the signs

Emotions	Actions	Experiences
Depression	Withdrawing	Recent loss to suicide
Anxiety	Increasing substance use (yes,	Loss of employment
Anger	including alcohol)	Breakup/ divorce
Emptiness	Trouble sleeping	Transitions
Loneliness	Giving away possessions	Discrimination
Shame	Reckless behavior	Bullying
Pain	Jokes about suicide	Mental or physical trauma
		Incarceration

Empathize and listen



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Ask about Suicide

Asking someone about suicide will not put the idea in their head – be courageous and direct!

When to Ask: if you notice multiple warning signs, follow your gut.

What if They Say No?

Do not look relieved – just let them know you care and are there for them if they need it.



Reduce the Danger

- Tylenol is the #1 used medication in suicide attempts. Consider locking up these items if someone in your household is at risk.
- Assess a timeline
- Interrupt the plan
- Suggest they separate themselves from the means.

Next Steps



Know some resources that you can offer others – save the suicide hotline # in your phone.



Enlist

Enlist others that can lend support – ask about who the person has in their life that can help.

Continue

Continue to check in with the person.

Example Dialog:

		"Hey, I noticed that you have been,, lately. Which isn't like you. Is everything ok?"
		"That's really hard, I have been through that as well [give details, be vulnerable]." OR "I don't know what to say, but I'm glad you told me."
_	4	"It is very common for anyone going through [that] (be specific) to have thoughts which lead to suicide or self harm. Have you been considering suicide?" OR "Have you had any thoughts about harming yourself?"
	R	"Have you thought about how you would do it?" "Do you have someone you can trust that could stay with you [or hold your guns, medications, etc.]?" "Why don't we go take some time, have lunch and talk about it."
	N	"I'm going to forward you some contacts that you can reach out to which I know have helped people in the past." "Let's go online and see what counseling benefits your insurance has and see if there's a provider nearby."



Create a Better Work Environment

Show genuine appreciation for coworkers by...

- 1) Taking on an extra task or asking if they want help
- 2) Telling them what they do well (<u>be</u> <u>specific</u>)
- 3) Taking the time to talk to and get to know workers or offer to stay late
- 4) Use reward programs or other incentives



Other Ways to Improve Work Environments

Establish career goals with employees and check in with them to make sure they feel fulfilled.



Ask workers if they need a day off and give them days away if they ask.



Rotate monotonous or repetitive job tasks When someone seems overwhelmed, break up jobs into smaller assigned tasks.



Be safe, Be kind, Be compassionate.

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Online Mental Health Screening		
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Safety Plan

A safety plan is designed to guide you through a crisis. As you proceed through the steps, you can help yourself and feel safer. Keep your plan easily accessible in case you have thoughts of hurting yourself.

Supports are people you feel comfortable talking to about what you're going through, and who

Contact Info

Contact Info

Contact Info

can provide some help.

Step 1: My Warning Signs	
A warning sign is something you think, feel, or do as suicidal thoughts are starting to develop.	Ask Yourself: How will you know when to use my safety plan? Ask Yourself: What is happening when you start to experience suicidal thoughts or feel overwhelmed? Ask Yourself: How do you feel physically before you begin feeling suicidal or like harming yourself: (e.g., heart racing, not sleeping or eating well)
Step 2: My Coping Strategies	
Coping strategies are things you can do on your own to help feel a little better in the moment.	Ask Yourself: What can you do, on your own to help yourself stay safe?
Step 3: My Distractions	
Distractions are people or places that may offer comfort in a time of distress.	Ask Yourself: Which people or places help you take your mind off your problems at least for a little while? Ask Yourself: Who helps you feel better when you socialize with them? It is not necessary to tell the people on this list what you are going through or feeling.
Step 4: My Supports	

Who do you feel you can talk to about what you're experiencing and who will be supportive?

Among your family or friends, who do you think you could contact for help during a crisis?

Listing multiple people can help if one contact is unreachable. Prioritize the list. In this step, unlike the previous step, you reveal to others that you are in crisis.



Step 5: Professional Supports

Professional contacts are people who can provide professional care and support.		Ask Yourself: Who are the mental health professionals you feel belong on your
Name	Contact Info	safety plan?
Name	Contact Info	List other contacts, such as urgent care, mobile crisis team, mental health clinic, or a crisis
Name	Phone Number	center.

Step 6: My Safe Environment

In this step, evaluate means that could be considered during a suicidal crisis and how to clear them from your environment.	Do you own a firearm, such as a gun or rifle?
	What other items do you have access to and may use to attempt to kill or harm yourself?
	What would make it harder for you to access and use these items?
	and use these terms.

Emergency contacts

National:

National Suicide Prevention Lifeline: Call 1-800-273-8255

Chat https://suicidepreventionlifeline.org/chat

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