

# Toolbox Talk: Suicide, Addiction, and Mental Health

Today’s talk will not be going over normal terrazzo safety information. Today we will be paying attention to a larger issue that can and does affect health and safety in both the workplace and at home. Suicide, addiction, and mental health are rarely talked about in construction companies and in most workplaces.

There is often a stigma associated with these topics that discourages discussions and creates an inability to seek help resulting in many people having to suffer in silence and shame. These challenges extend from the office and jobsite back to our homes resulting in an emotional and financial toll that is affecting our industry in many ways.

The reality is, each one of us probably knows someone or is related to someone who is affected. Maybe the affected person is you; and you know and don’t tell, or you’re working on it and you do. Or somewhere in between.

There is no true “right way” to handle this, but one of the best places to start is to simply talk or ask for help. Do not forget to ask a friend if they need help.

## A few quick facts, of the hundreds that can really make you think:

❼ The rate of suicide in construction is 4 times the national average. In 2015, there were over 4,000

construction-related deaths by suicide compared to 985 deaths from falls, caught-in-betweens, struck-bys, and electrocutions on jobsites.

❼ Alcohol and substance misuse in the construction industry are estimated to be nearly twice the national average. Statistically speaking, 13% of your coworkers probably binge drank or used illicit drugs last month.

❼ Drug overdoses took more than 60,000 lives in 2016; overdoses are now the leading cause of death for people

 under 50 in the US.

❼ 1 in 5 adults will have some kind of diagnosable mental illness this year from addiction, anxiety, depression, schizophrenia, bipolar, ADHD and many more.

## What does this mean?

Suicide, addiction, and mental health can have various impacts on safety, quality, and yourself. They can cause distractions; some may experience side effects of medications, while others may have an inability to come to work due to difficulty managing these issues at home resulting in a loss of income. These may also result in depression, anxiety, fear, anger, fatigue, increased drug or alcohol use, car accidents, and workplace incidents. Any one of these may hurt you, someone you love, or a co-worker. Remember it is always okay to talk and it is good to talk.

If you or someone you know is uncomfortable or having difficulty expressing their struggle with addiction or mental health, confidential assistance may be found at:

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| --- | --- | --- |
| **Insert Local Resource Or** **Employee Assistance Program****Contact Information****For Mental Health Counsel** | **Insert Local Resource Or** **Employee Assistance Program****Contact Information****For Mental Health Counsel** | **Insert Local Resource Or** **Employee Assistance Program****Contact Information****For Mental Health Counsel** |

Does anyone have questions or comments about suicide, addiction, or mental health?

Please be sure to sign-in on the training certification form.

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# TOOLBOX TALK SIGN IN FORM

### Toolbox Topic Covered: Suicide, Addiction, and Mental Health

Company name: Date: \_\_\_\_\_\_\_\_\_\_

Training led by:

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