



NSC ~ SAWHORSE ADVISORY – May 2021

Help Protect Each Other By Understanding Mental Health Issues Can Affect Everyone !!

- ▶ Anxiety, depression, suicidal thoughts, and more are as dangerous to worker safety as any more tangible jobsite threat, but these can't be mitigated with caution tape.
- ▶ Unfortunately, the frequency of mental health issues is increasing within the construction industry. A 2020 study found that 83% of construction workers have experienced a mental health issue. Evidence from the 2007-2009 financial crisis suggests that the COVID-19 pandemic could increase the risk of suicide in the construction industry.
- ▶ This means that, of the people you work with every day — from happy-go-lucky Bill to Gina who always brings in donuts — chances are good that at least one of them struggles with their mental health. Or, maybe it's you. From laborers to high-level executives, mental health issues affect people indiscriminately.
- ▶ Your jobsite is not the exception.
- ▶ While regulations and monitoring for physical safety have increased dramatically over the years, mental healthcare lags behind. But, mental health is important — very important — and should be prioritized as highly as wearing a hard hat.
- ▶ May is national Mental Health Awareness Month, and although this element of employee safety should be a priority year-round, there is no better time than now to educate yourself and begin making changes.
- ▶ Call the NAMI (National Alliance on Mental Illness) Helpline at 800-950-NAMI
- ▶ Or in a crisis, text "NAMI" to 741741
- ▶ Suicide Prevention Lifeline 1-800-273-TALK

RECOGNIZE THE WARNING SIGNS

- Appearing **SAD** or depressed most of the time
- **INCREASED** tardiness and absenteeism
- Talking about feeling **TRAPPED** or wanting to die
- **DECREASED** productivity
- Increased **CONFLICT** among co-workers
- **EXTREME** mood swings
- **INCREASED USE** of alcohol or drugs
- **DECREASED** self-confidence
- Feeling **HOPELESS** and helpless
- **SLEEPING** too much or too little
- Acting **ANXIOUS**, agitated, or reckless
- **NEAR HITS**, incidents, and injuries
- **WITHDRAWING** from family and friends
- Talking about being a **BURDEN** to others
- **DECREASED** problem-solving ability