

SAFETY STARTS WITH LOOKING OUT FOR EACH OTHER

Suicide Prevention & Mental Health Resources for IEC Members

Suicide Prevention & Mental Health: Safety Starts with Looking Out for Each Other **September is Suicide Prevention Awareness Month**

Safety isn't just about preventing physical injuries. Creating a safe workplace also means looking out for the **mental health and well-being of our teams**.

The construction industry faces unique pressures-including demanding work, long hours, jobsite stress, financial pressures, and an industry culture that can sometimes make it difficult to ask for help.

A conversation can make a difference.

LOOK. LISTEN. CONNECT.

LOOK → Pay attention to changes in someone's behavior, mood, or engagement.

LISTEN → Create space for people to talk. You don't need to have all the answers; you just need to be willing to listen.

CONNECT → Encourage someone who may be struggling to connect with a trusted person or professional resource.

START THE CONVERSATION

Talking about mental health and suicide doesn't create suicidal thoughts. **It can create an opportunity for someone to ask for help.**

Consider making mental health part of your regular safety conversations:

- Include mental health and well-being in toolbox talks.
- Check in with your team, not just on the work, but on how they're doing.
- Know where employees can go for confidential support.
- Encourage employees to use available resources without fear of judgment.
- Build a culture where asking for help is viewed as a sign of strength, not weakness.

HELP IS AVAILABLE

988 Suicide & Crisis Lifeline

- Call or text 988

Free, confidential, and available **24/7/365**. You can also chat online at 988lifeline.org.

If you or someone you know is in immediate danger, call 911 or go to the nearest emergency department.

Additional Resources

Suicide Prevention

[Suicide Prevention Resource Center \(SPRC\)](#)

Evidence-informed tools, training, and resources for suicide prevention.

[988 Suicide & Crisis Lifeline](#)

Crisis support by phone, text, and online chat.

[Construction Suicide Prevention Week](#)

Construction-specific suicide prevention awareness materials, including videos and campaign resources.

[Construction Industry Alliance for Suicide Prevention \(CIASP\)](#)

Construction-specific resources, training, toolbox

talks, posters, and guidance for employers and workers.

Mental Health & Well-Being

[CDC Mental Health Resources](#)

A broad collection of mental health support resources, including crisis services, treatment directories, peer support, and resources for caregivers.

[NAMI – National Alliance on Mental Illness](#)

Mental health education, support, and awareness resources.

[Mental Health Foundation](#)

Mental health awareness and well-being resources.

MAKE IT PART OF YOUR NEXT TOOLBOX TALK

Mental health is a safety issue.

Use September as an opportunity to start the conversation with your team.

Explore construction-specific suicide prevention resources

The CIASP site has downloadable [STAND Up Toolbox Talks](#) specifically designed to help organizations address suicide prevention in the construction industry.

IEC encourages members to use these resources as educational tools and to seek qualified professional assistance when needed. These resources are not a substitute for professional mental health or medical care.