



CPWR Resources

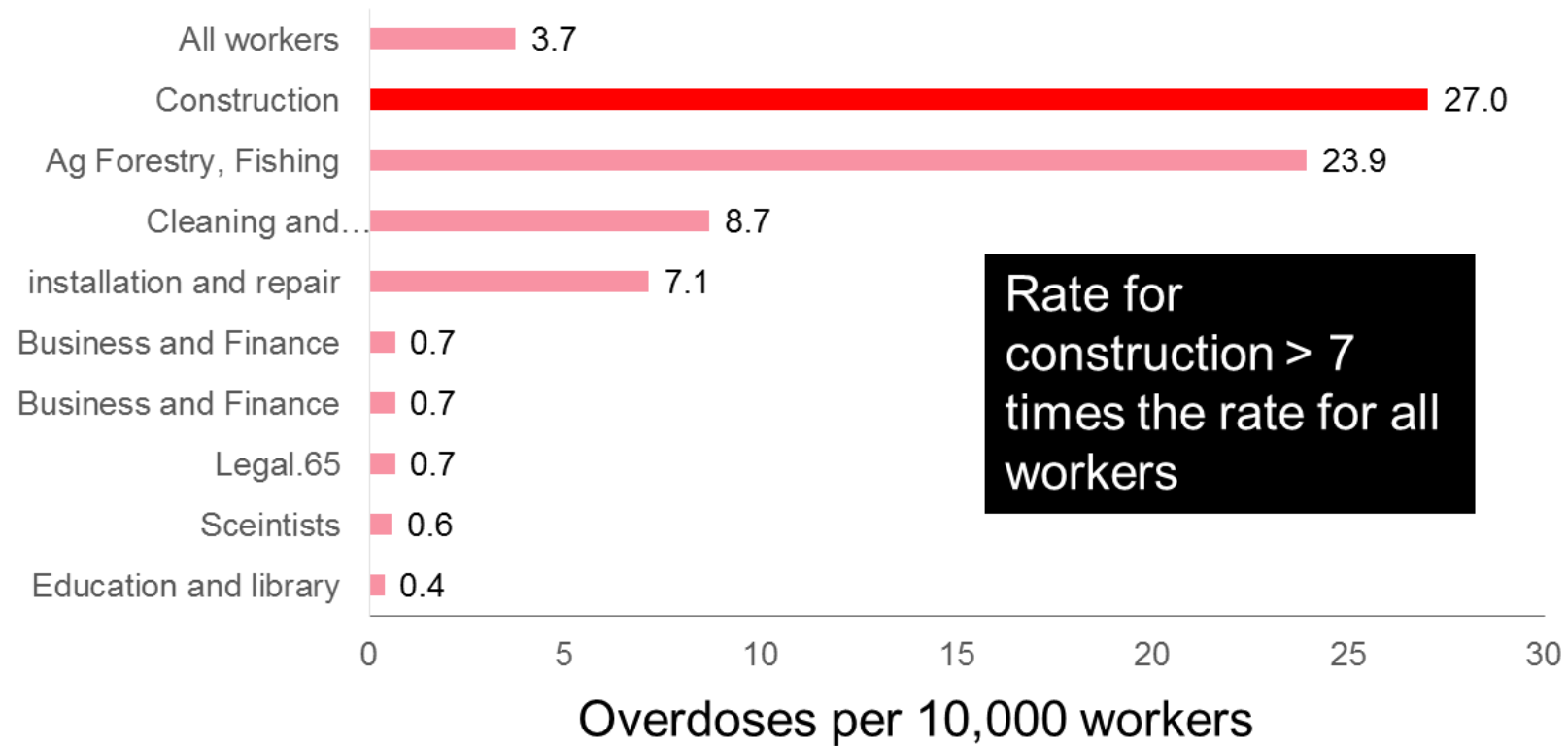
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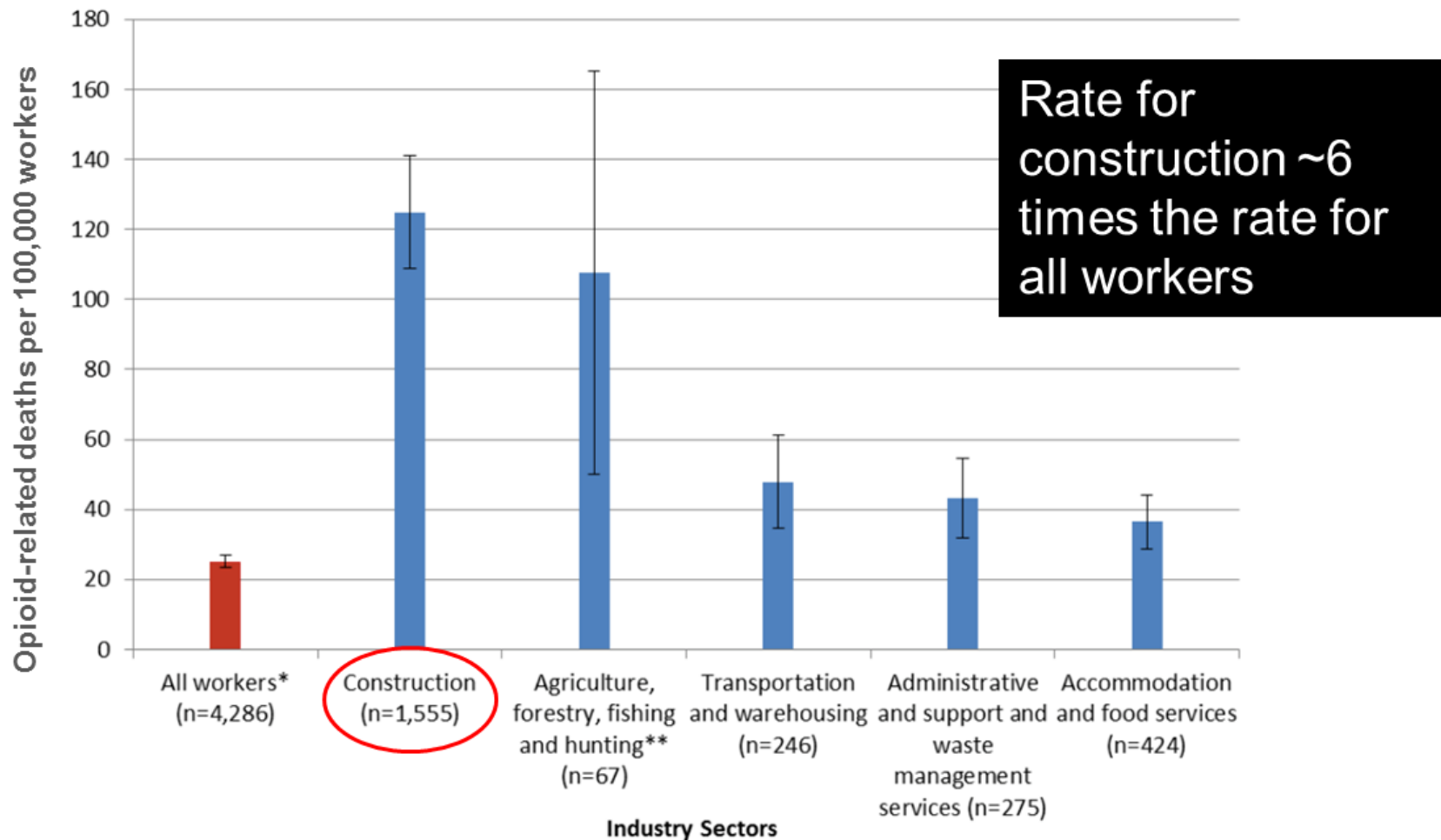
NCCMP 14 October 2020

Rate of Opioid Overdose Deaths by Industry, Ohio, 2010-2016*

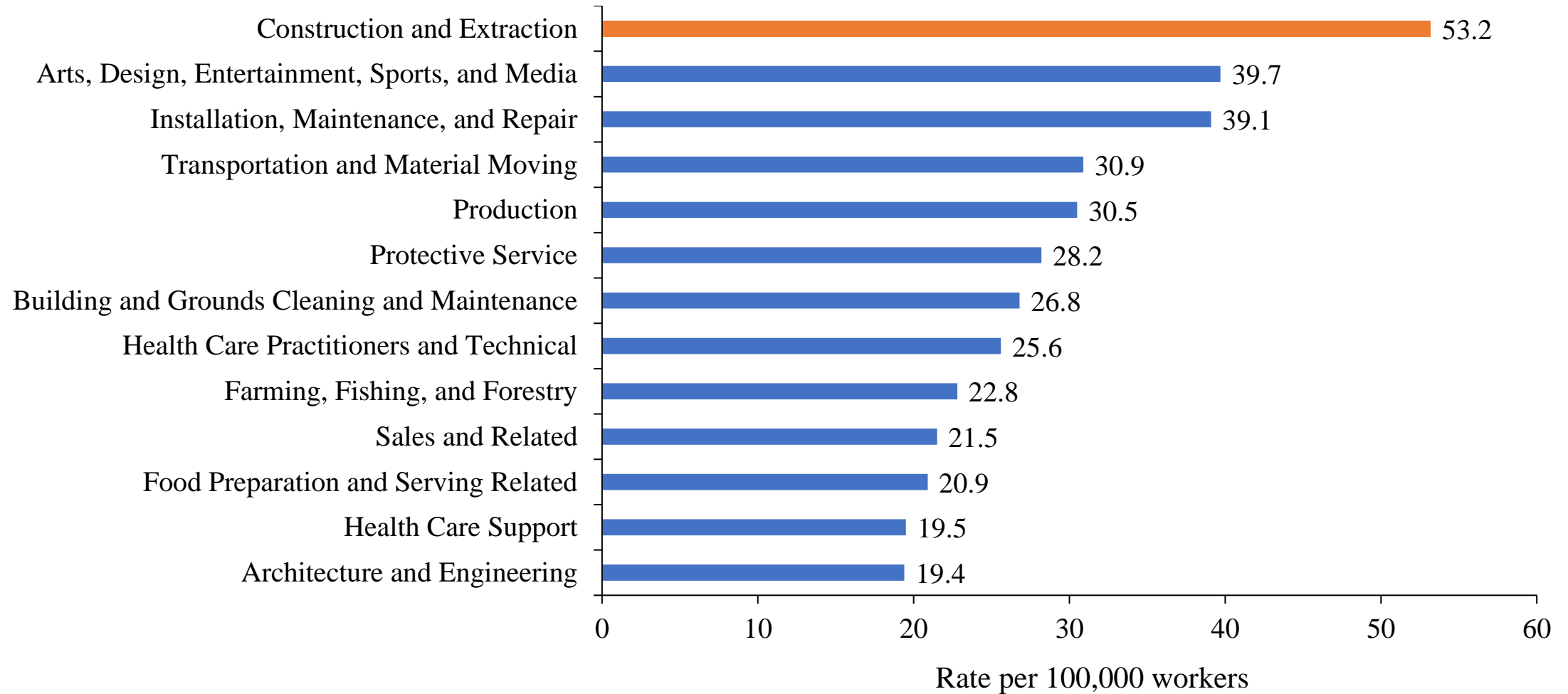


* Highest and lowest rate industries. Source: Cleveland Plain Dealer

Industry sectors with opioid-related overdose death rates significantly higher than the average rate for all workers, Massachusetts workers, 2011-2015, n=4,302



Suicide rates among male U.S. workers, by major occupation group, 2015



Source: CDC MMWR – Suicide rates by major occupation group –17 states, 2012 and 2015

RESEARCH

[Home](#) > [Research](#) > [Mental Health & Addiction](#)

Mental Health & Addiction

Mental health issues – in particular opioid addiction and suicide – are impacting construction workers at alarming rates. Rates of both opioid use and suicides have risen dramatically throughout the US over the past several years, and studies have shown that these are areas of particular concern for the construction industry.^{[1], [2]}

[Click here](#) to find information and resources about **opioid deaths, prevention, and pain management alternatives**.

[Click here](#) to find resources to help organizations and individuals understand **suicide prevention**, start a conversation, and play a role in supporting friends, co-workers and family members. **If you or someone you know needs immediate help, please use the lifeline information on the right-hand side of this page.**

CPWR also has a Toolbox Talk on workplace stress available in English and Spanish:
[Workplace Stress](#)
[Estrés en el Trabajo](#)

[1] Centers for Disease Control. Opioid Overdose: Understanding the Epidemic. <https://www.cdc.gov/drugoverdose/epidemic/index.html> (accessed November 2019)

[2] SafeBuild Alliance. Mental Health & Suicide Prevention. <http://safebuildalliance.com/resources/mental-health-suicide-prevention> (accessed September 2019)

← RESEARCH

Research Projects +

Research +

Research to Practice (r2p) +

Training and Awareness Programs from Research +

Management Resources from Research +

Hazard-Specific Resources +



Mental Health Resources

Including Mental Health in Your COVID-19 Response

Description:

Information on creating a culture of care during these challenging times.

Source: [Associated General Contractors \(AGC\) of Washington](#)

Date: 07/13/20

WHO Risk Communication Guidance

Description:

Links to guidance on social stigma and risk communication, mental health considerations, and getting your workplace ready.

Source: [World Health Organization \(WHO\)](#)

Date: 07/13/20

WHO - Mental health and psychosocial considerations during the COVID-19 outbreak

Resource Categories

About the Virus (17)

Guidance on Workplace Practices (87)

Safety in Action (13)

Training Resources (16)

Employer Recommendations & Requirements (30)

Suicide Prevention Resources

Suicide rates have risen dramatically in recent years in the U.S. There are roughly 129 suicides per day or 1 death every 11 minutes.^[1] In the construction industry, suicide is now a leading cause of death.

There is not a simple answer to why this increase has occurred – particularly among construction workers. However, just as we develop and identify resources to help construction workers and employers prevent visible injuries and illnesses, we are also committed to preventing those that may be less visible but equally as important to the safety, health, and well-being of the construction workforce.

There are a growing number of resources available to help organizations and individuals understand the issue, start a conversation, and play a role in supporting friends, co-workers and family members. This online resource is intended to help construction employers, unions and workers quickly find information on suicide prevention.



IF YOU OR SOMEONE YOU KNOW NEEDS IMMEDIATE HELP, PLEASE CONTACT THE:

National Suicide Prevention Lifeline —

a **free** and **confidential** resource that connects individuals with skilled, trained counselors 24/7. (United States)

Call 1-800-273-TALK (1-800-273-8255)

Use the [online Lifeline Crisis Chat](#)

HAZARD ALERT

SUICIDE PREVENTION



IN CONSTRUCTION



Suicide Prevention in Construction



- ✧ Learn to recognize the warning signs of suicide.
- ✧ If someone you know is exhibiting warning signs, don't ignore them. Reach conversation.
- ✧ Offer support and encourage them to get help.
- ✧ If you believe someone is in immediate danger, call 911, take them to a nearest room, call the National Suicide Prevention Lifeline at 1-800-273-8255, or the Crisis Text Line by texting "HELLO" to 741741 to connect with a crisis counselor.



Prevención del suicidio en el sector construcción



En los últimos años, la tasa de suicidios ha aumentado y ahora es la 10.ª causa de muerte en los EE. UU. La industria de la construcción tiene una de las tasas de suicidio más altas en comparación con las de otras industrias. Si bien no existe una razón sencilla que explique este aumento, aprender las señales de alarma y la forma de buscar ayuda podría salvar su vida o la de un compañero de trabajo.

La historia de John y Matt

Matt notó que John, su compañero de trabajo, actuaba de manera diferente, se molestaba con facilidad, no cumplía las prácticas de seguridad en el trabajo y almorzaba solo. Reconoció que estas podrían ser las señales de alarma del suicidio. Durante el almuerzo, llamó a una línea directa de crisis y pidió consejo sobre cómo hablar con John y conseguir que lo ayudaran. Al final del día, Matt se acercó a John y le dijo que últimamente había notado un cambio en su estado de ánimo y comportamiento y que estaba preocupado. Le preguntó a John si había tenido ideas de suicidio y le contó sobre la línea directa. Al principio, John se enojó, pero luego admitió que se había sentido deprimido y aliviado de poder hablar con alguien al respecto. Matt convenció a John de que llamara a la línea directa de crisis. Ahora, John recibe la ayuda que necesita y Matt continúa ofreciéndole apoyo.

- ✧ ¿Conoce a alguien que haya tenido ideas suicidas o que se haya suicidado?
- ✧ ¿Cuáles son algunas de las señales de alarma del suicidio?
- ✧ ¿Cómo podemos ayudar a un compañero de trabajo cuando hay señales de alarma del suicidio?

Recuerde esto

- Reconozca las señales de advertencia:

Hablar sobre:

- El deseo de morir
- Culpa o vergüenza
- Ser una carga para los demás

Sensación:

- De vacío, desesperanza o de no tener razones para vivir

Si usted o alguien que conoce necesita ayuda inmediata, comuníquese con el 1-888-628-9454 de la Línea Nacional de Prevención del Suicidio, use su chat en línea, o envíe el mensaje de texto "HELLO" al 741741 para comunicarse con un orientador para las crisis. Estos ofrecen apoyo gratuito y confidencial con orientadores capacitados las 24 horas, los 7 días de la semana.

¿Cómo podemos estar a salvo hoy?

¿Qué podemos hacer hoy para ayudar a evitar el suicidio?

1. _____
2. _____

Together we can help
**Prevent Suicide in
Construction**



The construction industry
has one of the
highest suicide rates.

Learn about the warning
signs and how to
start a conversation
at [tinyurl.com/
CPWRSuicidePrevention](https://tinyurl.com/CPWRSuicidePrevention)

Remember,
**You are never
alone.**



If you or someone you know needs immediate help, contact the **National Suicide Prevention Lifeline** at
1-800-273-TALK (8255) or text **"HELLO"** to **741741** to connect with a crisis counselor.

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DRAFTS

**Reach Out
Respond
Connect**

Together,
we can help prevent
**Suicide in
Construction.**

**Reach Out
Respond
Connect**



If you or someone you know needs immediate help, contact the **National Suicide Prevention Lifeline** at
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cpwr.com/research/opioid-resources

