

The U.S. construction industry has the one of highest rates of suicide at 56 per 100,000 workers, according to the CDC 2021 National Vital Statistics System. Long hours, physical labor, deadlines, weather conditions, travel, financial pressures, and time away from family can all affect mental health. Just like physical injuries, mental health challenges can impact safety, productivity, and overall well-being. It is important to treat mental health like we do physical health.

Warning Signs to Watch For:

- Increased irritability, anger, or frustration
- Difficulty concentrating or making decisions
- Changes in sleep patterns or fatigue
- Withdrawal from coworkers, friends, or family
- Loss of interest in activities normally enjoyed
- Increased use of alcohol or other substances
- Taking unusual risks or ignoring safety procedures
- Frequent absences or decline in work performance
- Decreased attention to appearance and personal hygiene
- Self-destructive behavior, including self-criticism or talk of self-harm

Prevention Tip: Don't Ignore It! Speak up to show your concern if you are worried about someone. Let them know that you've noticed they are acting differently and ask why they don't seem like themselves. Act quickly if you feel like a family member, friend, co-worker or you are in crisis.

If you notice a coworker who seems unusually withdrawn, stressed, or not acting like themselves, **a simple conversation can make a huge difference.**

- Check in with them.
- Listen without judgment.
- Encourage them to seek support.
- Notify a supervisor if there are concerns about safety or well-being.

Mental health is just as important as physical health. Asking for help is a sign of strength, not weakness.

By looking out for ourselves and each other, we create a safer, healthier workplace for everyone.

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Assistance Is Available

ASMG provides an Employee Assistance Program **at no cost** to its employees, household members and dependents under 26. Lucet EAP offers confidential access to counseling, coaching, tools, resources and care to help you navigate life's challenges.

Company Code: ASMG

Call 800-624-5544



Toolbox Talk Attendance Form

Supervisor / Project Manager: _____ **Date:** _____

PRINT NAME	SIGNATURE