The Construction subcommittee is a non-profit organization whose mission is to prevent the trend of suicide in the construction industry. The goal is to increase communication, reduce fear/stigma, engage leadership and provide a roadmap for the construction industry to prevent suicide.

The committee is made up of construction industry experts who volunteer their time and resources to promote awareness, develop resources, deliver presentations and write publications with the sole purpose of suicide prevention.

**Breaking the Silence:**
**Suicide Prevention in the Construction Workplace**

**Construction Industry Risk Factors**
Mental health and suicide prevention historically has been a missing link in the human capital risk management for engineering, construction and architecture companies. Fundamentally the problem with suicide is the stigma associated with mental health and the inability to seek help resulting in suffering in silence and shame.

- Stoic, “tough guy” culture
- Seasonal employment
- Exposure to physical strain
- Capability for fearlessness
- Fragmented Community/Iso
dation
- Industry with highest rate of prescription opioids
- Culture of Substance abuse
- Access to lethal weapons
- High pressure with risk of failure
- Men in high-skill/high-stakes occupations
- Uneducated workforce
- Sleep disruption

**The Issue**
- The Center of Disease Control (CDC) 2016 report rank Construction #2 and Architects and Engineers #5 for suicide rates.
- More people die from suicide each year than from Motor Vehicle Crashes.
- Suicide in the United States is a public health crisis. 2nd leading cause of death from men 25-54.

43,000 suicide deaths in the US in 2015 (an increase from 29,000 from 1999).
**BLUEPRINT**

1. Identification of the issue
2. Industry risk factors
3. The goal: Zero Suicide
4. Workplace checklist – How prepared is your company?
5. Warning Signs
6. Protective Factors
7. Toolbox Talk

Click [here](#) for full blueprint.

**THE APPROACH**

- Identify early adopters.
- Create communication to discuss mental health and suicide prevention.
- Generate media attention.
- Organize summits and executive roundtables.
- Integrate with safety, health and wellness programs.
- Create a “call to action” for leaders.
- Provide resources (posters, websites, Blueprint and Presentations).
- Evaluate Employee Assistance Plans (EAP) and other crisis management services.
- Training to identify at risk people with behavioral interventions.
- Build peer support networks.

**MEMBERS**

- Cal Beyer, Co-Lead & EXCOM Member (WA)
- Sally Spencer-Thomas, Co-Lead (CO)
- Team Members
  - Chris Carlough (IN)
  - Morgan Hembree (OH)
  - David James (AZ)
  - Christian Moreno (TX)
  - Amanda Mosby (MD)
  - Joe Patti (NY)
  - Bob Swanson (MN)
  - Bob Vandepol (CT)
  - Michelle Walker (AZ)
  - Kyle Zimmer (CT)

**VISIT**

OR CONTACT: Cal Beyer or Sally Spencer Thomas