

# TOOLBOX TALK

## REDUCING THE STIGMA AROUND MENTAL ILLNESS



When you're struggling with your mental health, you might find yourself resorting to the old school mindset of keeping a stiff upper lip and fighting through it on your own. This method isn't healthy, and it's contributing to the high number of construction workers who are dying by suicide.

### BY THE NUMBERS

- In 2020, nearly **1 in 5 adults in the United States were living with a mental illness.**
- Among U.S. adults, more than **12.5 million people had serious thoughts of suicide.**
- Substance abuse counts, too. In 2020 **1 in 15 adults struggled with both a substance use disorder and other mental illnesses.**

### WHY IT MATTERS

If you find yourself struggling, know this: **You are not alone. Your mental illness is not your fault, nor is it anything to be ashamed of.** There are ways you can help reduce the stigma around mental illness, and possibly help our industry take a turn for the better when it comes to saving lives.

### GOOD TO KNOW

- **Ask for help.** If you find yourself struggling, talk to your doctor about treatment options that might work for you. Talk therapy and medication are just two possibilities.
- **Avoid self-blame.** Your mental illness is NOT a weakness. Educating yourself about your particular illness, after talking with your doctor, can help you realize that you're not alone – no matter how isolated you may feel.
- **Find your people.** You have those in your life whom you love and/or trust. Don't keep them in the dark when you're struggling. Even if they aren't a medical professional, talking with others can help you feel better supported and less alone.
- **Know when to make the call.** If you're at a really low point, help is always available at the [National Suicide Prevention Lifeline](#). You can call, text, or chat 988 to reach the lifeline's trained counselors directly.



CONSTRUCTION SUICIDE  
PREVENTION WEEK

Call, text or chat [988](#) for the National Suicide Prevention Lifeline.

Find resources at [ConstructionSuicidePrevention.com](https://www.construction-suicide-prevention.com).