

TOOLBOX TALK

RECOGNIZE THE WARNING SIGNS OF SUICIDE



Suicides don't occur in a vacuum. In fact, these tragic losses of life can often be prevented. You just have to know what warning signs to look for and pay attention to when an individual is thinking about harming themselves.

BY THE NUMBERS

- Suicide is the 12th leading cause of death in the U.S., according to the Centers for Disease Control and Prevention.
- In 2020, there were 1.20 million suicide attempts.
- While women are more likely to attempt suicide, in 2020 men were 3.88 times more likely to die from suicide.

WHY IT MATTERS

By and large suicide is preventable. If you pay attention to possible warning signs – in yourself and others – you may be able to help save a life. Remember: **Talking about your concerns with someone is more likely to save them than to drive them to see their plans through.**

GOOD TO KNOW

- **Verbal warning signs.**
 - Talking about being a burden, or the world being better without them.
 - Expressing the desire to no longer exist or die.
- **Emotional warning signs.**
 - No longer able to find joy or pleasure in things they once enjoyed.
 - Emotional outbursts (anger, sadness, anxiety, etc.) happen frequently or without warning.
 - Sudden joy or excitement after prolonged periods of depression.
- **Behavioral change warning signs.**
 - Frequent mood swings.
 - Giving away their belongings.
 - Sleeping all the time or changes in eating habits.
- **Know when to make the call.** If you or someone you care for is at a really low point, help is always available. You can call, text, or chat 988 to reach the [National Suicide Prevention 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](#).