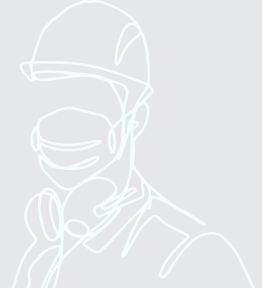


TOOLBOX TALK

HOW TO SEEK HELP



If your thoughts of self-harm are consistent, admitting you need help is not a sign of defeat. In fact, seeking help is a step in the direction toward a happy and healthy life. By knowing when to get help, construction industry professionals are committing to safety and wellness in all aspects of life.

BY THE NUMBERS

- In 2020, **only 20% of adults received any mental health treatment in the past year**, which included 10% who received counseling or therapy from a professional.
- **The rate of death by suicide among males in 2020 was four times higher than the rate among females.** In a predominantly male industry, it's important to look out for yourself and your peers.

WHY IT MATTERS

Knowing when it is time to seek help for your mental health challenges means understanding the signs. If you are experiencing social withdrawal, dramatic changes in sleeping or eating, strong feelings of anger, a growing inability to cope with daily problems or suicidal thoughts, you should reach out for help.

GOOD TO KNOW

- **There are many approaches to seeking help.** This could be opening up to a trusted friend for support, getting a referral for a mental health professional from a family doctor or crisis center or even joining a support group.
- **Your insurance company can provide a list of providers** who are in your plan.
- **It doesn't have to cost you.** The Centers for Disease Control and Prevention offer free and confidential resources to help you figure out the best path toward overcoming your mental health challenges.



CONSTRUCTION SUICIDE
PREVENTION WEEK

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

Find resources at [ConstructionSuicidePrevention.com](https://www.constructionSuicidePrevention.com).