

AGENDA: CONSTRUCTION STAND-DOWN EVENT

SUICIDE PREVENTION AWARENESS

DURATION: 1 HOUR

1. Introduction and Purpose (5 minutes)

- Welcome attendees and briefly explain the purpose of the stand-down event.
- Highlight the importance of addressing mental health and suicide prevention in the construction industry.

2. Keynote Address (10 minutes)

- Invite a speaker with expertise in mental health or suicide prevention to deliver a concise address.
- Discuss the challenges faced by the construction industry and the significance of recognizing warning signs.

3. Personal Testimonial (10 minutes)

- Feature a speaker who can share a personal experience related to mental health challenges or the loss of a colleague to suicide.
- Emphasize the importance of seeking help and providing support.

4. Awareness Campaign Overview (5 minutes)

- Present an overview of the awareness campaign, including key messages and resources available.
- Highlight the importance of promoting mental health and suicide prevention within the construction industry.

5. Q&A Session (15 minutes)

- Open the floor for questions related to mental health, suicide prevention, and the campaign.
- Encourage participants to engage in an open discussion and seek clarification.

6. Commitment Pledge (10 minutes)

- Encourage attendees to take a pledge to support mental health awareness and suicide prevention efforts in their workplaces.
- Provide information on available resources and support networks.

7. Closing Remarks (5 minutes)

- Recap the key points discussed during the event.
- Express gratitude to the attendees for their participation and commitment.
- Provide information on upcoming initiatives or ways to stay involved.



Scan the QR code or go to ConstructionSuicidePrevention.com to register your participation and find more resources.

Consider offering additional resources or follow-up sessions to provide further support and education on the topic.

CONDENSED AGENDA: CONSTRUCTION STAND-DOWN EVENT SUICIDE PREVENTION AWARENESS

DURATION: 30 MINUTES

1. Introduction and Purpose (5 minutes)

- Welcome attendees and briefly explain the purpose of the stand-down event.
- Highlight the importance of addressing mental health and suicide prevention in the construction industry.

2. Keynote Address or Personal Testimonial (10 minutes)

- Invite a speaker with expertise in mental health or suicide prevention to deliver a concise address.
- Discuss the challenges faced by the construction industry and the significance of recognizing warning signs.

OR

- Feature a speaker who can share a personal experience related to mental health challenges or the loss of a colleague to suicide.
- Emphasize the importance of seeking help and providing support.

3. Q&A Session (5 minutes)

- Open the floor for a brief question-and-answer session.
- Encourage participants to ask questions related to mental health, suicide prevention, and support resources.

4. Commitment Pledge (5 minutes)

- Encourage attendees to take a pledge to support mental health awareness and suicide prevention efforts in their workplaces.
- Provide information on available resources and support networks.

5. Closing Remarks (5 minutes)

- Recap the key points discussed during the event.
- Express gratitude to the attendees for their participation and commitment.
- Provide information on upcoming initiatives or ways to stay involved.