

# MOMENT OF SILENCE: CONSTRUCTION STAND-DOWN EVENT HONORING LIVES LOST TO SUICIDE

DURATION: 5 MINUTES

## 1. Preparation

- Print blank copies of the [stand-down flyer](#) and distribute to your workers to fill in ahead of the stand-down.

## 2. Introduction and purpose(2 minutes)

- "Good [morning/afternoon], everyone. Thank you for taking a moment to come together. Today is the first day of Construction Suicide Prevention Week, we're taking a moment from our day to spotlight how critical it is that we take care of our mental health just as much as we do our physical health. We all face challenges, but it's crucial to remember that support is available, and we're all here for each other.
- Unfortunately, too many of us have been personally impacted by suicide - our industry has struggled with this, and that's why we're asking everyone to pause today."

## 3. Moment of silence(2 minutes)

- "In just a moment we will join workers on jobsites all across the country for the first-ever, nationwide moment of silence in the construction industry. This moment is about honoring those we've lost and reflecting on how we can be there for our colleagues, friends and families so that not one more life is lost to suicide.
- At this time, please display your memorial sign if you wish, and join me in reflection."

## 4. Closing (1 minute)

- "Thank you. Remember, it's okay to ask for help, and it's okay to offer it. Let's continue to watch out for one another. If you or someone you know is struggling, please reach out. You can find additional resources to support you at [ConstructionSuicidePrevention.com](https://www.construction-suicide-prevention.com) or by calling or texting 988 for the Suicide & Crisis Lifeline." Resources are available to support you."