



2025 Theme and Pledge

Theme

While the factors that lead to suicide are complex, research shows that loneliness could put someone at a greater risk for suicidal behavior, according to the U.S. Department of Veterans Affairs via a [paper](#) published in 2022 and Dr. Thomas Joiner's interpersonal theory of suicide. Employment is just one way in which people can form community, and this year's Construction Suicide Prevention Week theme focuses on just that.

BUILD COMMUNITY

Every day, construction workers build roads, homes, bridges, schools, churches and so much more. They build places of connection ... for others. But in building for others, they can also build community for one another.

During Construction Suicide Prevention Week 2025, we're asking everyone in the industry to *build community* by checking in with colleagues, friends, family or even the guy or gal next to you in line at the store. Reach out and ask how someone is doing, then really listen to the answer. Let them know you care and they have a community to lean on when times are tough.

Think about ways you want people to show up for you, then be that person to those around you.

Pledge

Will you take the Construction Suicide Prevention Week pledge?

Just checking in ...

By signing my name, I pledge to check in with someone this week to see how they are doing.

But don't stop there. Set a reminder on your phone to check in with someone each month, week or even every day. You have the power to build connections that could save lives. If someone isn't doing well, you can provide them with lifesaving resources. Not sure where to start? Visit www.ConstructionSuicidePrevention.com for free tools about how to someone help, or call or text 988 if you or someone you know is in crisis.
