

## Preventing Suicides

**Construction Suicide rates are 4x higher than general population rates.**

If you're in crisis, there are options available to help you cope. You can also call the Suicide and Crisis Lifeline at any time to speak with someone and get support. For confidential support available 24/7 for everyone in the United States, call **988**. Or, access the online chat at: [988lifeline.org/chat](https://988lifeline.org/chat)



### WORKPLACE STRESS

According to the CDC, workplace stress and poor mental health can negatively affect workers through:

- ⇒ Job Performance
- ⇒ Productivity
- ⇒ Work Engagement and Communication
- ⇒ Physical Capability and Daily Function

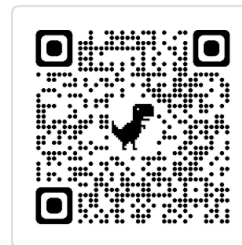


**CONSTRUCTION SUICIDE PREVENTION WEEK: September 4-8, 2023**

**Many factors cause stress. Let's work through it together.**

Employers can:	Workers can:
<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Create a judgement-free, shame-free workplace.</li> <li><input checked="" type="checkbox"/> Be transparent.</li> <li><input checked="" type="checkbox"/> Provide access to mental health resources (e.g., workplace, state, federal programs).</li> <li><input checked="" type="checkbox"/> Encourage workers to seek help when needed.</li> <li><input checked="" type="checkbox"/> Train managers and supervisors to recognize and talk about mental health and substance use.</li> </ul>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Talk with coworkers and supervisors about workplace stress.</li> <li><input checked="" type="checkbox"/> Share ideas about reducing workplace stress with management.</li> <li><input checked="" type="checkbox"/> Take advantage of existing mental health resources.</li> <li><input checked="" type="checkbox"/> Ask for help when needed.</li> </ul>

Listen to the Assistant Secretary of Labor, Doug Parker's Address on Suicide Prevention by scanning the QR code or go to <https://www.youtube.com/watch?v=S1EfdTsQ7s>



**Stay Informed of Workers Rights: OSHA.GOV/WORKERS**



For more information, please contact HIOSH at: [dlir.hiosh.ct@hawaii.gov](mailto:dlir.hiosh.ct@hawaii.gov) or 808-586-9100

