



Suicide Prevention in Construction

SUICIDE IN CONSTRUCTION INDUSTRY

The construction and extraction industries have the second-highest rate of suicide – 53.3 per 100,000 workers.

Factors that have led to such a high rate of suicide in construction may include:

- A role that often is isolating
- Periods of unsteady employment depending on seasons
- Mental health stigma
- Sleep disruption
- Chronic pain caused by manual labor
- Travel which may separate workers from families and friends
- Physical strain
- Pressure to finish projects
- Low or inconsistent pay
- Poor working conditions

As a manager or supervisor, understanding the triggers of stress that can lead to depression and suicidal thoughts and feelings puts you in a position to help others. In addition, initiating mental health campaigns and providing training could assist workers with identifying the signs of stress.

More research is needed to understand why people in the construction industry die from suicide at a higher rate compared to other industries. Work can define a person's identity and psychological risk factors for suicide, such as depression and stress.

The goal of suicide prevention is to reduce factors that increase risk and enhance factors that promote resilience.

(cdc.gov)

FACTS:

Construction has the highest suicide rate (53.3/100,000) across all industries. The suicide rate in construction is about four times greater than the national average (17.3/100,000) and five times greater than that of all other construction fatalities combined (10.1/100,000). (CDC)

According to the **American Foundation for Suicide Prevention**, the rate of suicide is highest in middle-aged white men. The Bureau of Labor Statistics reports that 97% of the U.S. construction workforce is male 56.9% is Caucasian. Also, more than 63% of construction workers are between the ages of 35 and 64.

If you or someone you know may be considering suicide, contact the National Suicide Prevention Lifeline at 1-800-273-8255 (En Espanol: 1-888-628-9454; Deaf and Hard of Hearing: 1-800-799-4889) or the Crisis Text Line by texting HOME to 741741.

