

SUICIDE AND MENTAL HEALTH AWARENESS

OVER ►

It is well-established that construction workers represent one of the highest occupational risk groups for suicide internationally. By raising awareness and helping workers connect with appropriate supports and services in a timely manner, we can help save lives.

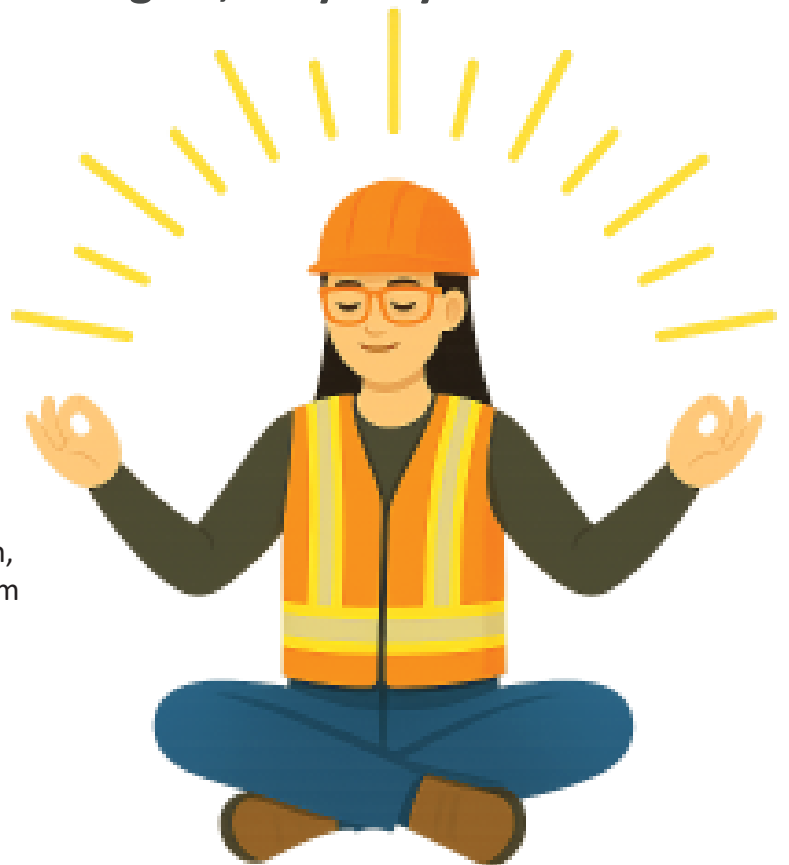
We do know that for someone in crisis, reaching out for help can be really hard. Workers may not know where to turn for help and because of concerns about possible stigma, they may choose to suffer in silence.

What Can You Do to help?

- >> Be aware of changes in behaviour
- >> Listen
- >> Consider what might be happening in their life
- >> Follow the TASC Model from LivingWorks

Suicide Prevention Training

* If you are not comfortable having this conversation, talk to a supervisor at your worksite and make them aware of your concerns.



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Be Aware of Changes in Behaviour

We all spend a lot of time together as co-workers so changes in someone's behaviour might be easy to see.

Some typical warning signs include:

- becoming withdrawn from normal social situations
- acting reckless or participating in high-risk behavior
- mood swings
- excessive use of alcohol and/or drugs
- changes in work habits
- increased absenteeism or lateness
- changes in hygiene or physical appearance
- difficulty paying attention

Listen

Individuals who are struggling or considering suicide might also speak in a very hopeless manner. They may speak about wanting to die, feeling like a burden, not having any way out or that family and friends would be better off without them.

Consider What Might Be Happening in Their Life

Stressful life events such as divorce or relationship breakdown, a death in the family, major illness or injury, and financial issues, including job loss, are among some of those events that can place additional distress on an individual.

Follow the TASC Model from LivingWorks Suicide Prevention Training

T - Tune In. Pay attention to changes in behaviour, the things they say and what might be happening in their life.

A - Ask. Find a private place to talk and ask clearly, without judgment. Start by sharing the behaviours you have noticed, then connect them gently to suicide. For example: "I've noticed you've been saying things like you feel useless or have no hope. Sometimes when people feel this way, they may be thinking about suicide. Are you thinking about suicide?" Asking about suicide will not make someone more likely to think about or attempt suicide. Avoid judgmental statements, dismissing their feelings, or arguing about the morality of suicide.

S - State. If they are thinking about suicide, tell them that "suicide is serious and permanent and that their problems are not so bad that they are worth dying for". Let them know that you care and that their family and everyone in their life, needs them to be here.

C - Connect. Help them get the help that they need. You don't have to be the one to solve their problems, but you can be sure that they access help and stay with them and keep them safe while they do. If the individual needs to talk to someone immediately - help them call the provincial health line at 811 or text/call the national suicide crisis help line - 988. Operators responding to 811/988 calls also have the ability to connect calls to 911.