

Suicide Prevention

PROJECT / SITE	DATE	TALK LED BY

THE HAZARD

Construction carries one of the higher suicide rates of any industry, and the last weeks of the year are a high-risk stretch. Asking someone directly does not plant the idea. It is the thing that helps.

WHAT GOES WRONG

- Warning signs noticed and left alone because nobody wants to say the wrong thing.
- The subject avoided entirely, which tells everyone it is not something you talk about here.
- Someone handed a leaflet or a phone number and left on their own with it.
- A crisis treated as a personal matter that stops at the gate.

CONTROLS: BEFORE YOU START

- Learn the signs: withdrawal, giving things away, hopelessness, big changes in mood or drinking.
- Ask directly and plainly. Vague questions get vague answers.
- Listen without fixing it. You are not there to solve it, you are there so they are not alone.
- Stay with them and help them make the call rather than handing over a number.
- In the US, call or text 988 for the Suicide and Crisis Lifeline, any time.

ASK THE CREW

1. What number would you call right now if you needed it, without looking it up?
2. Who here has noticed a change in someone on this crew?
3. What would stop you asking someone directly?
4. Who would you go to if it was you?

ATTENDANCE RECORD

Everyone present signs below. This sheet is the record of the talk.

PRINT NAME	SIGNATURE
1	
2	
3	
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12	
SUPERVISOR / COMPETENT PERSON	SIGNATURE