

Mental health can't be fixed with duct tape.

Be on the lookout for these warning signs:

Likely Risk

- Previous suicide attempts
- History of depression or other mental illness
- Alcohol or drug abuse
- Family history of suicide or violence
- Physical illness
- Feeling alone

Immediate Risk

- Talking about wanting to die or to kill oneself. Communication may be veiled: "I just can't take it anymore," or "What's the use?"
- Looking for ways to kill oneself, such as searching online or obtaining a gun
- Talking about feeling hopeless or having no reason to live

Serious Risk

- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increased use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Extreme mood swings

If you are feeling overwhelmed, depressed, or even suicidal, you are not alone. In fact, construction workers are statistically at a higher risk for mental health issues than virtually every other profession.

Visit [ManTherapy.org](https://www.mantherapy.org) for innovative and customized online tools and actions for mental health treatment and recovery.

For more urgent assistance, please reach out to the [National Suicide Prevention Lifeline](https://www.national-suicidepreventionlifeline.org) right away.

BUILDING A ZERO SUICIDE INDUSTRY.

BROUGHT TO YOU BY THE CONSTRUCTION INDUSTRY
PARTNERSHIP FOR SUICIDE PREVENTION

