

Suicidal employees are only invisible if no one is looking.



Keep an eye out for these warning signs:

- Increased tardiness and absenteeism
- Decreased productivity
- Decreased self-confidence
- Isolation from peers
- Agitation and increased conflict among co-workers
- Increased feelings of being overwhelmed
- Decreased problem solving ability
- Legal and illicit substance abuse
- Near hits, incidents and injuries

Construction workers are statistically at a higher risk for mental health issues than virtually every other profession.

If you or someone you know is feeling depressed or suicidal, both you and they are not alone. **There are others in our industry who can relate, and more importantly, others who can help.**

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.

NATIONAL
SUICIDE
PREVENTION
LIFELINETM
1-800-273-TALK (8255)
[suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)

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