



## WHAT ARE THEY DOING?

- Increased tardiness or absenteeism
- Decreased productivity and problem solving
- Near misses, hits, or other safety incidents
- Misusing drugs or alcohol
- Withdrawing from social groups and interactions
- Acting anxious, agitated, or reckless
- Extreme mood swings

## WHAT ARE THEY SAYING?

- Talking about feeling trapped
- Saying they want to die
- Feeling like they are a burden to others
- Expressing hopelessness or helplessness
- Conflict or confrontations with co-workers

## WHAT'S HAPPENING IN THEIR LIVES?

- Relationship issues
- Major life changes
- Loss of a loved one
- Financial difficulties
- Illness or injury

**988**  
SUICIDE  
& CRISIS  
LIFELINE

# RECOGNIZE THE SIGNS



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. For urgent assistance, please reach out to the Suicide & Crisis Lifeline right away.

RESOURCES ARE AVAILABLE: [MIRON-CONSTRUCTION.COM/MENTALHEALTH](http://MIRON-CONSTRUCTION.COM/MENTALHEALTH)



Building Excellence