



Construction is a high-pressure, fast moving industry, where the stakes are high, the work being performed requires technical skill, the hours are long, travel can be far, & job consistency can be unpredictable; not to mention, the workforce culture is *unlike* any other. Construction workers often deal with issues that can lead to high levels of stress, anxiety, & depression.

According to the CDC, construction has the *highest* suicide rate of all industries, at 53.2 suicides per 100,000 workers. That's about 4x greater than the national average (17.3/100,000) and 5x greater than all other construction fatalities combined (10.1/100,000). Statistically speaking, suicide could rightfully top the list of OSHA's Fatal Four Hazards. Too often, the construction industry's culture of safety is limited to the physical aspects and neglects the psychological aspects. Now, more than ever, Nooter is committed to providing our workers with guidance, resources, & most importantly, support.

## CRISIS RESOURCES



### 988 Suicide & Crisis Hotline

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. This hotline is available **24/7** and provides free, confidential support to those in need.

[Lifeline \(988lifeline.org\)](https://www.988lifeline.org)



### Crisis Text Line

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support via text. Text **HOME** to 741741 at any time to speak to a trained crisis counselor.

[Crisis Text Line | Text HOME To 741741 free, 24/7 Crisis Counseling](#)



### Substance Abuse & Mental Health Service Admin.

SAMHSA National Hotline: A free, confidential, 24/7, 365-day-a-year treatment referral & information service. Call 1-800-662-HELP (4357)

[SAMHSA's National Helpline | SAMHSA](#)



### Veterans Crisis Line

Confidential crisis support for Veterans and their loved ones. Available 24/7: Dial 988 & press 1, chat live, or text 838255. [Home \(veteranscrisisline.net\)](https://www.veteranscrisisline.net)



### National Alliance on Mental Health (NAMI)

Call 1-800-950-NAMI (6264), text "Helpline" to 62640 or email [helpline@nami.org](mailto:helpline@nami.org) for information, resource referrals & support. [NAMI Helpline | NAMI: National Alliance on Mental Illness](#)

## MENTAL HEALTH DATA

[National Alliance on Mental Illness](#)

[Mental Health America](#)

[National Institute of Mental Health » Home \(nih.gov\)](#)

## MENTAL HEALTH IN CONSTRUCTION

[Construction Industry Alliance for Suicide Prevention](#)

[Construction Working Minds: Suicide Prevention in the Construction Workplace](#)

## TOOLS FOR STRESS MANAGEMENT & WORKER WELL-BEING

[Mental Health America Tools 2 Thrive Toolkit](#)

[Addressing the Root of the Stress Problem in Construction](#)

[National Safety Council \(NSC\): Promote Employee Mental Health and Wellbeing](#)

[Building Resilience: Helping Workers Handle Stress for the Long Haul](#)

[Five Ways Construction Workers Can Deal with Stress and Anxiety](#)



Remember, safety starts with what's underneath the hardhat!