

Minnesota Construction Mental Health Awareness & Suicide Prevention Coalition



**American
Foundation
for Suicide
Prevention**



TEAM
Wellness at Work



Ames Construction



Mental Health Awareness & Suicide Prevention Resource Guide

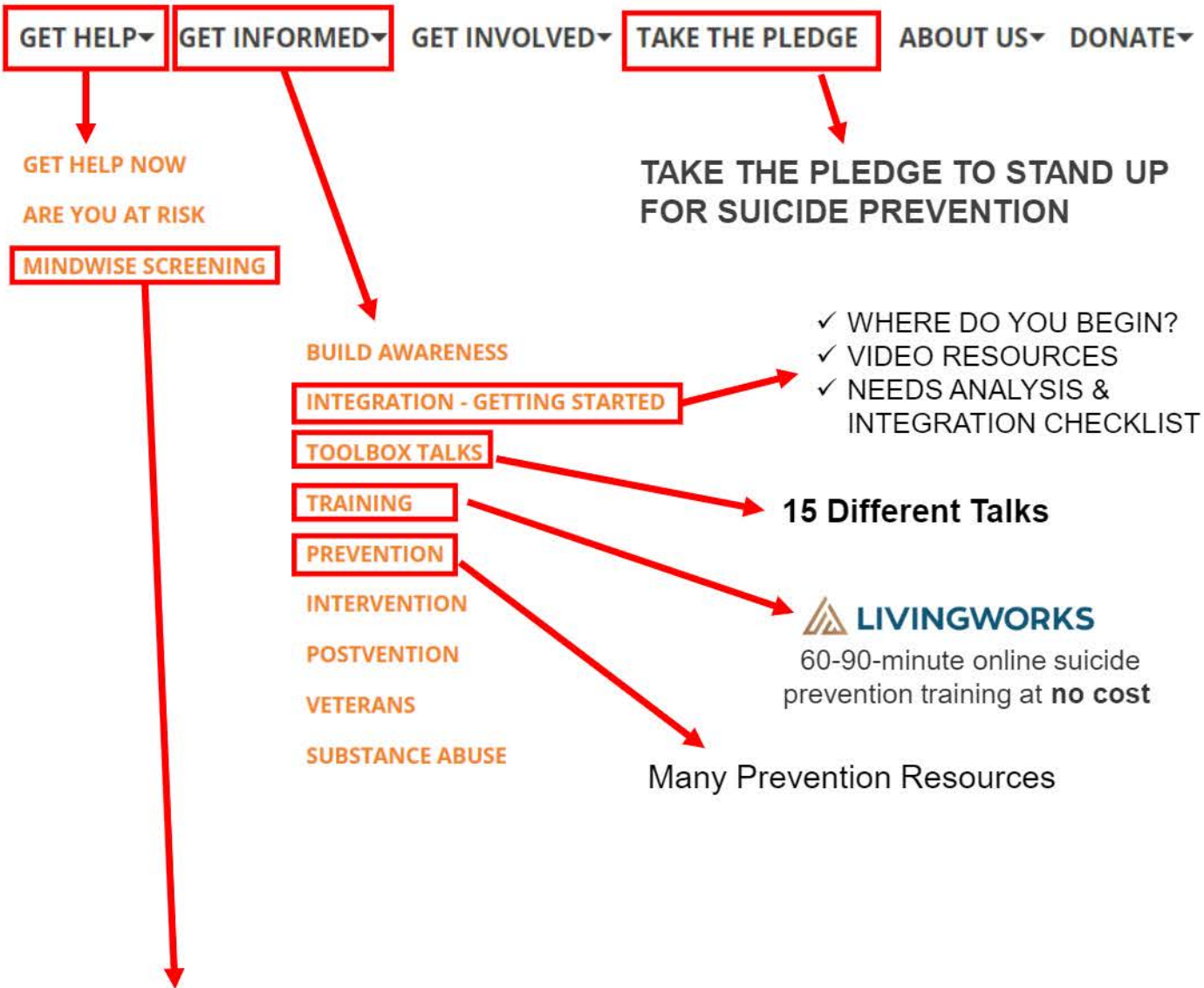


www.preventconstructionsuicide.com

CIASP is dedicated to changing the statistics by educating and equipping organizations, industry service providers and construction professionals to STAND Up for suicide prevention and address it as a health and safety priority.

Their mission is to provide and disseminate information and resources for suicide prevention and mental health promotion in construction with the goal of creating a zero-suicide industry.

CIASP Home Page Menu



MINDWISE - Employees can take a brief, anonymous online screening. Helps them gain a deeper awareness of their mental health and empowering them to seek support. Screenings give employees an opportunity to check in on their behavioral health, connect to local resources and work towards recovery.

<https://theactionalliance.org/>

Action Alliance Home Page Menu

About

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Our Partners

Our Strategy

Communities

Healthcare

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Our Strategy >

We aim to advance the National Strategy for Suicide Prevention which represents a comprehensive, long-term approach to suicide prevention.

National Strategy for Suicide Prevention

- Goals and Objectives
- Call to Action

Research Agenda

Data & Surveillance

Lethal Means

Lived Experience

Communities >

We support community-based efforts to implement effective suicide prevention strategies.

Faith Communities

- Faith Hope Life

American Indian / Alaska Native

- Hope For Life Day & Toolkit

Juvenile Justice

Workplace

- Construction
- Public Safety

Military Service Members and Veterans

Sport

Resource Library

The Action Alliance resource library includes products, including toolkits, handouts, PowerPoint presentations, archived webinars, reports, created by the Action Alliance and its partners.



American Foundation *for* Suicide Prevention

<https://afsp.org/>

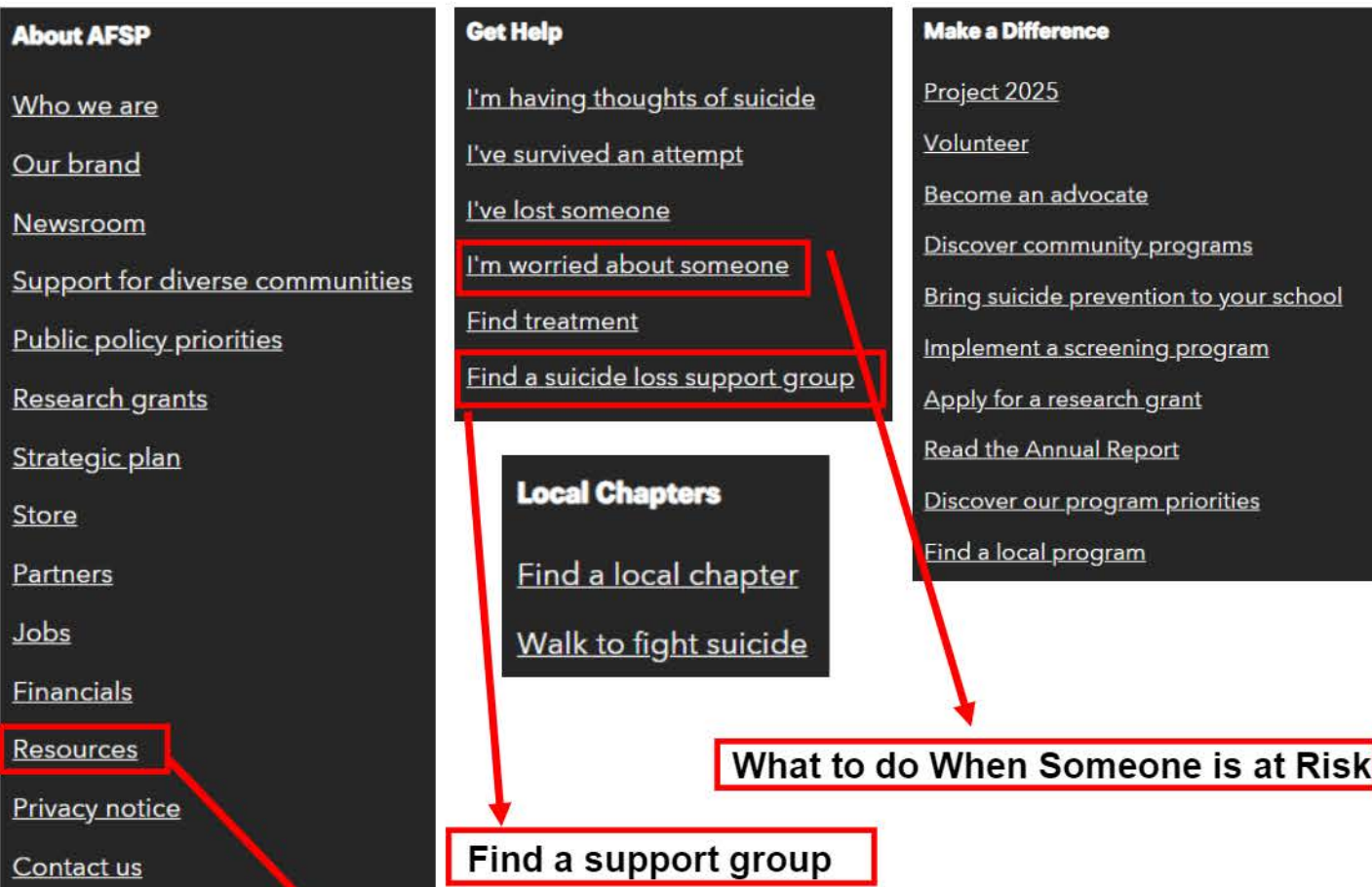
AFSP is dedicated to saving lives and bringing hope to those affected by suicide. AFSP creates a culture that's smart about mental health by engaging in the following core strategies:

- ✓ Funding scientific research
- ✓ Educating the public about mental health and suicide prevention
- ✓ Advocating for public policies in mental health and suicide prevention
- ✓ Supporting survivors of suicide loss and those affected by suicide

AFSP Home Page Menu

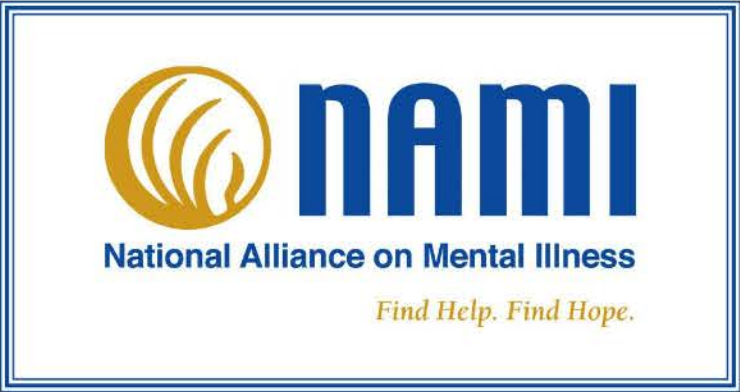
[Real Stories](#) [Get Help](#) [Make a Difference](#) [Join a Local Chapter](#) [Learn the Facts](#)

AFSP Resources List at Bottom of Home Page



A Few of the Many Prevention Resources:

- ✓ Suicide Prevention
- ✓ Stress
- ✓ Emotional Health
- ✓ Depression
- ✓ Self-Injury
- ✓ Alcohol & Drugs
- ✓ Anxiety



<https://nami.org/Home>

NAMI, the National Alliance on Mental Illness

Is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

NAMI Home Page Menu

[Join](#) | [Sign In](#) | [Renew](#) | [Accessibility](#) | [En Español](#) | [Get Help](#) | [News](#) | [Blog](#)

- About Mental Illness ▾
- Your Journey ▾
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- Get Involved ▾
- Advocacy ▾
- About NAMI ▾

About Mental Illness ▾



Ways of Giving

Explore the different options for supporting NAMI's mission.

[Learn More >](#)

- [Warning Signs and Symptoms >](#)
- [Mental Health Conditions >](#)
- [Common with Mental Illness >](#)

- [Treatments >](#)
- [Mental Health By the Numbers >](#)
- [Research >](#)

Support & Education ▾



Ways of Giving

Explore the different options for supporting NAMI's mission.

[Learn More >](#)

- [Mental Health Education >](#)
- [Support Groups >](#)
- [NAMI HelpLine >](#)
- [Publications & Reports >](#)

- [Video Resource Library >](#)
- [Online Discussion Groups >](#)
- [Find Your Local NAMI >](#)

Advocacy ▾



Ways of Giving

Explore the different options for supporting NAMI's mission.

[Learn More >](#)

- [Advocate for Change >](#)
- [Policy Priorities >](#)
- [NAMI Advocacy Actions >](#)
- [Policy Platform >](#)

- [Crisis Intervention >](#)
- [State Fact Sheets >](#)
- [Public Policy Reports >](#)





Minnesota Department of Veterans Affairs

<https://mn.gov/mdva/>

MNVA Home Page Menu

Home About News **Benefits & Resources** Veterans Homes Memorials & Burials LinkVet Support Blog

>Benefits & Resources

Education

Employment

Health & Disability

Veteran Suicide Prevention

Homelessness and Prevention

Assistance & Families

State & Federal Resources and Grants

I Am A Veteran

Request a DD 214

VA



U.S. Department
of Veterans Affairs

<https://www.mentalhealth.va.gov/>

Mental Health

> Mental Health

Mental Health Home

Coronavirus

> Get Help

> Explore by Topic

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About VA Mental Health

Site Map

Veteran Suicide Prevention

Preventing Veteran suicide is a priority for the Minnesota Department of Veterans Affairs. Suicide has claimed more than 100 Minnesota Veteran lives per year during the past five years. As this rate continues to increase, especially among younger Veterans, the Minnesota Department of Veterans Affairs is collaborating with others to identify the root causes of Veteran suicide and create an innovative, cooperative way to reverse this trend. We are working toward zero Veteran deaths by suicide in Minnesota.



First Steps for Veterans or Helping a Veteran

If you or someone you know is in crisis, please call the Veterans Crisis Line 1-800-273-8255, press 1.

The Veterans Crisis Line is the world's largest provider of crisis call, text, and chat services, according to the U.S. Department of Veterans Affairs. It serves more than 650,000 calls every year, 24 hours a day, 7 days a week. Users also may text to 838255 or chat online to receive confidential crisis intervention and support.

S.A.V.E. Training

The acronym S.A.V.E. can help one remember important steps involved in suicide prevention if you encounter a Veteran in crisis:

S – Signs of suicidal thinking should be recognized.

A – Ask the most important question of all: Are you thinking of killing yourself?

V – Validate the Veteran's experience.

E – Encourage treatment and expedite getting help.

Resources

Located at Bottom of Page

For Veterans

For Family Members

For Healthcare Providers

Helpful Apps

Statistics

Resources for Veterans

[InTransition](#) – This free, confidential program offers telephone coaching and specialized assistance for active duty service members, National Guard and Reserve members, and Veterans.

[Make the Connection](#) – This online resource connects Veterans, their families, and friends with information on suicide symptoms and conditions.

[Military OneSource](#) – Find support for a wide range of civilian necessities.

[VA Mental Health Services](#) – Find a wide variety of mental health services.

[Vet Centers](#) – Learn more about the full spectrum of counseling services here.

[Twin Cities Suicide Prevention Coalition Healthcare Informational Toolkit](#)

National Suicide Prevention Lifeline 1-800-273-8255.

Click on the Link

VA



U.S. Department of Veterans Affairs

<https://www.mentalhealth.va.gov/>

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Mental Health Home

Coronavirus

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► Information for...

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Learn About Benefits

▼ Explore by Topic

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Bipolar

Depression

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PTSD

Schizophrenia

Substance Use

Suicide Prevention

Tobacco

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Health Care Providers

Student Veterans and Faculty

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Guidebook

Other

Veteran Quick Resources

Find a VA Facility Near You

Learn about VA Treatment

Learn about VA Benefits

Mental Health and Well-being



Suicide Prevention

Suicide Prevention

Mobile Crisis Mental Health Services
(Department of Human Services)

Disaster Mental Health

Disaster Mental/Behavioral Health and
Emergency Preparedness

First Responder Toolkit

SAMHSA Disaster Distress Helpline

Wellness MN

Mental Health Promotion

Mental Health Promotion

Mental Well-being and Resilience
Learning Community

Minnesota Thrives

Behavioral Health

Behavioral Health and Tobacco Use in
Minnesota

Spotlight

**If you need immediate medical
help call 911!**

If you need free and
confidential support call the
**National Suicide Prevention
Lifeline: 1-800-273-TALK (8255).**

Text "MN" to 741741 for 24/7
confidential, free crisis
counseling.

**Minnesota Peer Support
Connection Warmline:** Call or
text 844-739-6369 (5 p.m. to 9
a.m.).



<https://www.startwithteam.com/>

TEAM's mission is to improve the outcomes of those we serve by providing the right care at the right time.

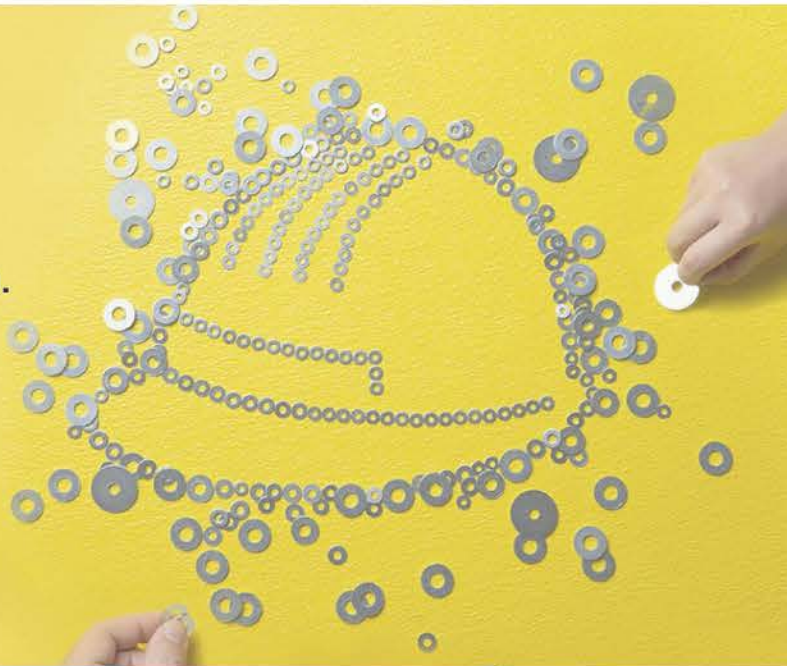
Team Home Page Menu

How We Help **Wellness Content** About Resources/Forms Blog f @ t v [Contact Us](#)

- Mental Health
- Drugs/Alcohol
- Physical Health
- Nutrition and Wellness
- Work Life
- Relationships and Family
- All

Committed. Confidential. One of you.

Start with TEAM





<https://www.prairie-care.com/>

PrairieCare provides psychiatric care for youth & adolescents. They are one of the nation's largest providers of premier psychiatric services offering a continuum of mental health services to the Twin Cities metro area, Rochester, and Mankato.

Prairie Care Home Page Menu

Getting Started

Treatment

Clinicians

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What We Treat

Assessment & Intake

Clinic & Outpatient Services

Intensive Outpatient Program

Partial Hospitalization Program

Inpatient Hospitalization Program

Residential Services

Webinars

Education

Info For Schools

Press & Media

Documents

Blog

Call Us Now 952-826-8475

Getting Started

It all starts with a phone call.

Seeking mental health services can be scary, but it doesn't have to be. At PrairieCare, we have a dedicated team of mental health professionals that will guide you through to get the individual care you need in our full continuum of care. We work as a team, ensuring each patient is informed and empowered during their time with us. PrairieCare has the right service or program for anyone seeking mental health support, and we will walk alongside you throughout the process.



Schedule an Appointment



Make a Referral



Adult & Teen Challenge

Minnesota

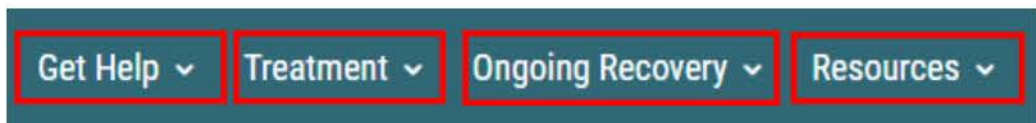
<https://www.mntc.org/>

They assist men, women and teens in gaining freedom from chemical addictions and other life-controlling problems by addressing their physical, emotional and spiritual needs.



CALL 612-373-3366

Adult & Teen Challenge Home Page Menu



Getting Your Loved
One into Treatment

Client Inquiry

Corrections
Application

Men

Women

Teens

Aftercare

Alcoholism

Detox

Drug Abuse

Intervention

Mental Health

Signs of Addiction

Signs of an Overdose

Education & Training



Intervention

It can be tough to talk to a loved one about their use. It's challenging to know when and how to help a loved one who is struggling with an addiction. The "when" often presents itself in ways like: extreme emotions or erratic behavior, denial and continuation of the abuse, drinking in the morning and at work, history of overdosing, issues with the law regarding abuse, ongoing financial crisis, and deterioration of relationships at home and work.

The "how" can vary, but you can read the steps below or watch a webinar on ways to help your loved one find help.

Mental Health

Trauma, emotional issues or other mental health issues can be the cause or effect of use. Substance use disorders make mental health issues worse and mental health issues can make substance use disorder worse. People often have mental issues and they turn to drugs and alcohol as a temporary solution. The drug and alcohol use often gives temporary relief to mental health symptoms and emotional suffering but thereafter tends to aggravate mental health issues and provides less and less relief over time to the point where a person continues to use with no real enjoyment and no real relief of suffering or pain.

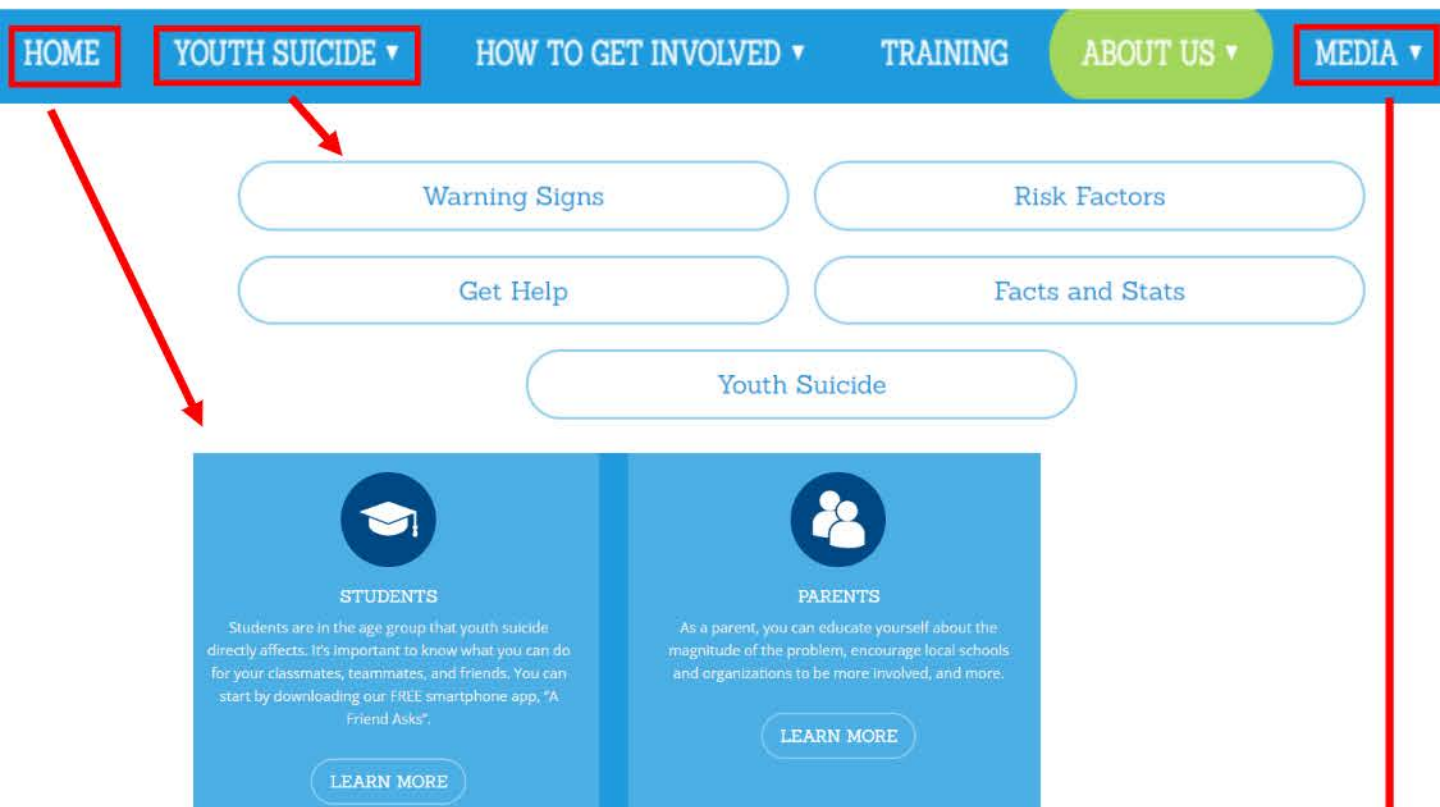
People who are admitted to MnTC have access to co-occurring mental health counseling services.



<https://jasonfoundation.com/>

Mission Statement: The Jason Foundation, Inc. (JFI) is dedicated to the prevention of the “Silent Epidemic” of youth suicide through educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth.

Jason Foundation Home Page Menu



Downloadable Information

[Jason Foundation General Brochure \(pdf\)](#)

The Jason Foundation brochure gives an overview of the history, programs and services offered by the foundation.

[“A Friend Asks” App Poster\(pdf\)](#)

The “A Friend Asks” Poster provides information on our free smart-phone app. How to find the app, what is included in the app, and some statistics are given.

[Rascal Flatts B1 Poster \(pdf\)](#)

The Rascal Flatts B1 Project is a collaborative effort between JFI and the music group Rascal Flatts. This poster will promote the program and how to visit the website.

[Professional Development Brochure \(pdf\)](#)

The professional development brochure includes information about The Jason Foundation, each training module, and how to access the online training modules.

[B1 Brochure \(pdf\)](#)

Rascal Flatts is promoting youth suicide awareness and prevention through the B1 Project. The B1 Project is to educate young, students, youth workers and parents on recognizing the warning signs of youth suicide and how to help.

[Youth Fact Sheet \(pdf\)](#)

The youth fact sheet contains statistical information on youth suicide.



<https://b1.jasonfoundation.com/>

A friend, especially an informed friend, can help make a difference for someone who may be struggling with thoughts of suicide or self-harm. The Jason Foundation invites you to start the journey to B1 of those informed friends by taking the B1 Pledge. B1 is designed to be quick, informative, and target the most important aspects of youth suicide prevention.

B1 Home Page Menu





The Jed Foundation

The Jed Foundation (JED) is a nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults, giving them the skills and support they need to thrive today...and tomorrow.

JED Home Page Menu

[I NEED HELP](#)[I WANT TO HELP](#)[RESOURCE CENTER](#)[DONATE](#)[I NEED HELP](#)

IT'S AN EMERGENCY

[MENTAL HEALTH
RESOURCE CENTER](#)[HIGH SCHOOL RESOURCES](#)[HIGHER EDUCATION
RESOURCES](#)

It's an Emergency

If you or someone you know needs to talk to someone right now, text START to 741-741 or call 1-800-273-TALK (8255) for a free, confidential conversation with a trained counselor 24/7.

[View Page](#)[I WANT TO HELP](#)

MY FRIEND

[MY TEEN/YOUNG ADULT](#)[MY STUDENTS](#)[AS A SUPPORTER](#)[STUDENT ENGAGEMENT](#)[FUNDRAISE FOR JED](#)

My Friend

Friendship is all about looking out for each other.

We're in a unique position to notice when our friends are having a hard time, and to take action to support them. If you're worried that a friend is struggling emotionally, trust that instinct. Use the tips and tools below to help you recognize a problem, start a conversation, and follow through with your support.

[View Page](#)

Mental Health Resource Center

The Jed Foundation's Mental Health Resource Center provides essential information about common emotional health issues and shows teens and young adults how they can support one another, overcome challenges, and make a successful transition to adulthood.

ABOUT US

- [The Story of JED](#)
- [Our Approach](#)
- [Our Impact](#)
- [Diversity, Equity, Inclusion, & Antiracism](#)
- [Our Team](#)
- [Financials](#)
- [Featured Corporate Partners](#)

OUR WORK

- [High School](#)
- [Higher Education](#)
- [Storytelling](#)
- [Seize the Awkward](#)
- [Mental Health is Health](#)
- [JED's Student Voice of Mental Health Awards](#)
- [JED's Advocacy Work](#)
- [S2i Initiative](#)
- [Fraternity & Sorority](#)
- [Bring JED To You](#)

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NEWS & VIEWS

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- [JED in the Media](#)
- [JED's POV](#)
- [News](#)
- [Podcast](#)
- [Press Release](#)
- [Video](#)
- [White Paper](#)

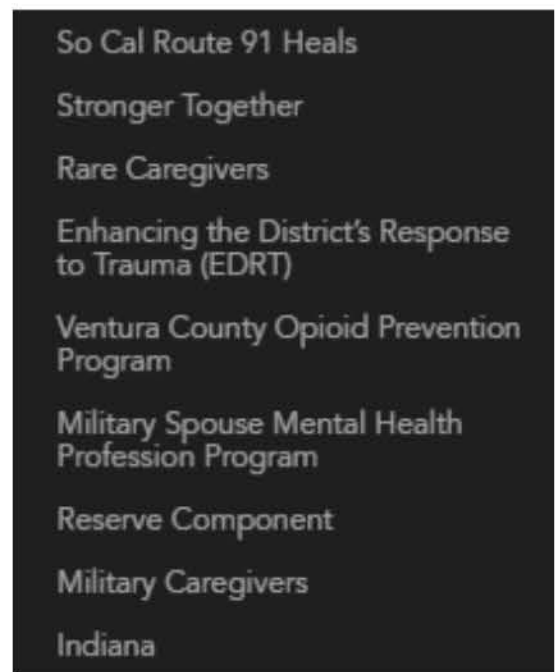
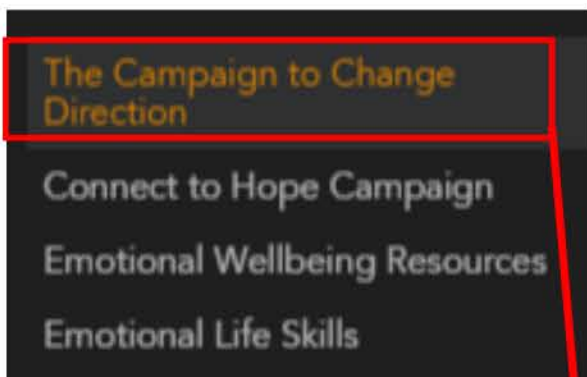


giveanhourSM
Giving help and hope

<https://giveanhour.org/>

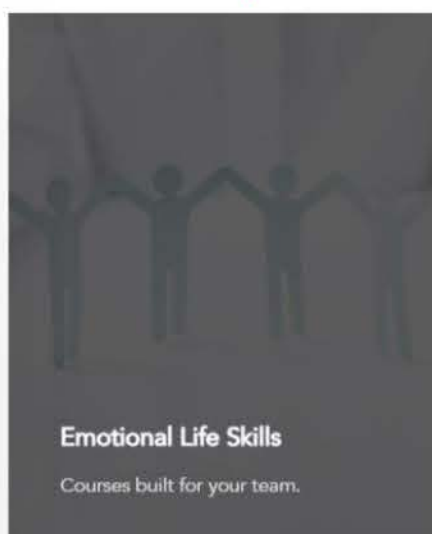
Give an Hour's mission is to develop national networks of volunteers capable of responding to both acute and chronic conditions that arise within our society. By harnessing the skill and expertise of volunteer professionals, we are able to increase the likelihood that those in need receive the support and care they deserve.

GiveanHour Home Page Menu



Emotional Resources

Download here.



Emotional Life Skills

Courses built for your team.



Take Action


Pledge to Know the Signs



<https://www.thementalhealthcoalition.org/>

The Mental Health Coalition was formed with the understanding that the mental health crisis is fueled by a pervasive and devastating stigma, preventing millions of individuals from being able to seek the critical treatment they need. We are a coalition of the leading mental health organizations, brands, and individuals who have joined forces to end the stigma surrounding mental health and to change the way people talk about, and care for, mental illness.

The Mental Health Coalition Home Page Menu



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CASE FOR MENTAL HEALTH

HOW TO TALK ABOUT MENTAL HEALTH

THE ROUND UP

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[GET INVOLVED](#)

Resource Library

The Mental Health Coalition’s Resource Library is made available by our alliance of the leading mental health organizations. We encourage you to browse this database to learn about mental health, help a loved one, learn coping skills and seek support.

[Addiction](#)[Anxiety & Stress](#)[BIPOC](#)[Connection](#)[Coping Skills](#)[Crisis Services](#)[Depression & Sadness](#)[Grief Support](#)[LGBTQ+](#)[Parenting](#)[Therapy](#)[Youth/ Young Adults](#)

KNOWLEDGE

[ROADMAP TO CLIMATE CHANGE MENTAL HEALTH](#)

[ROADMAP TO ADDRESSING MENTAL HEALTH IN THE WORKPLACE](#)

[THE MHC HOLIDAY GIFT GUIDE](#)

[MENTAL HEALTH & HOMELESSNESS](#)

[ROADMAP TO BACK TO SCHOOL MENTAL HEALTH](#)

[ROADMAP TO SELF-CARE](#)

[ROADMAP TO LGBTQ+ MENTAL HEALTH](#)

[WOMEN'S GUIDE TO MENTAL HEALTH & WELLBEING](#)

[EVERY 1 NEEDS TO TALK 2 SOME 1.](#)

[ROADMAP TO FRIENDS SUPPORTING FRIENDS](#)

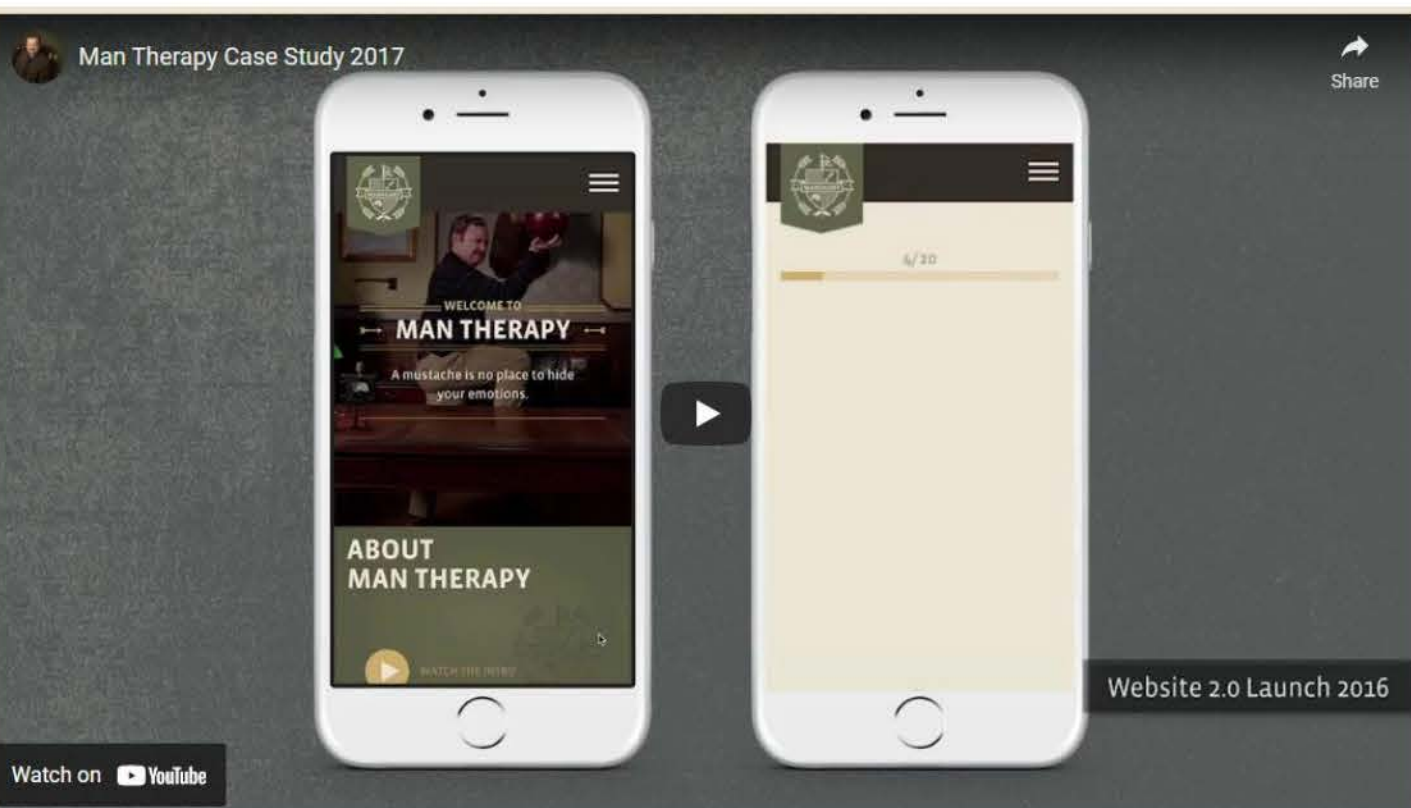
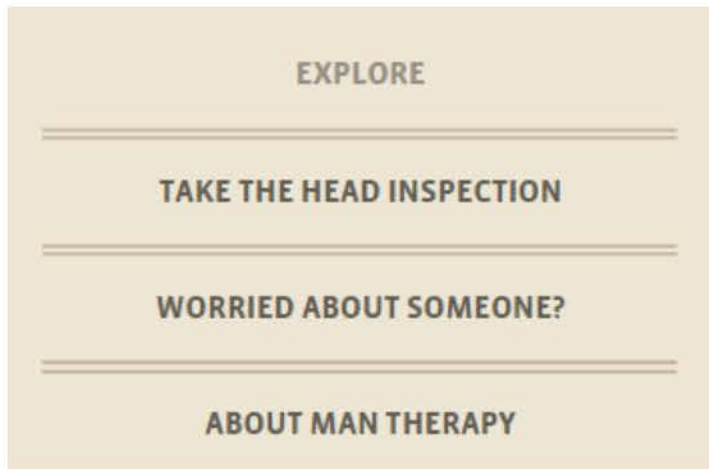
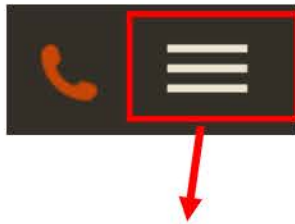
[GET INVOLVED](#)

[EVERY 1 NEEDS TO TALK 2 SOME 1.](#)



<https://mantherapy.org/>

Man Therapy® is a resource men desperately need. A resource to help them with any problem that life sends their way, something to set them straight on the realities of suicide and mental health, and in the end, a tool to help put a stop to the suicide deaths of so many of our men. Man Therapy uses maladaptive ideas of masculinity to bridge to new ideas that help men reshape the conversation of mental health, often using dark humor to cut through stigma and tackle issues like depression, divorce and suicidal thoughts head on.



ON OUR SLEEVES®

The Movement for Children's Mental Health

<https://www.onoursleeves.org/>

A national crisis has been hiding in plain sight. Children's mental health has been one of the least talked about issues in pediatrics. With the creation of *On Our Sleeves*, Nationwide Children's Hospital, America's largest network of pediatric behavioral health treatment providers and researchers and home to the Big Lots Behavioral Health Pavilion, is determined to give this cause a voice.

On Our Sleeves Home Page Menu

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[BROWSE GUIDES](#)

[TAKE ACTION](#)

[BECOME A PARTNER](#)

[LEARN ABOUT US](#)

National and State Resources

National Resources

Find Resources in Your State

Mental Health Articles and Support

Anxiety in Children

Bullying & Kids: What You Need to Know

Understanding Depression in Kids

Sleep Problems in Kids

SEE ALL

Minority Mental Health Resources

BIPOC and LGBTQ+ Convo Starters

How to Find a Culturally Informed Therapist

How to Talk to Kids About Gender Identity

Kids and Race-Related Violence

SEE ALL

Crisis Helplines

Healthcare Professionals

On Our Sleeves Digital Toolkit

Advocacy 101

How to Develop Healthy Habits in Kids

SMART Goals for Kids

7 Ideas to Make Healthy Habits Stick

5 Ways to Boost Your Child's Confidence

How to Help Kids Stay Positive

7 Ways to Cultivate Happiness

Growing Our Gratitude

Managing Anger in Kids

Helping Kids Practice Mindfulness

How to Help Kids Manage Anxiety

7 Ways to Help Help Kids Manage Anxiety

Warning Signs of Anxiety in Kids

How to Help Kids Deal with Uncertainty

5 Ways to Support Your Child When They're Feeling Anxious

More How-To Guides

How to Practice Mental Fitness

How to Start a Conversation With Kids

How to Nurture Kids' Emotional Development

How to Support Other's Mental Health Needs

SEE ALL



<https://nowmattersnow.org/>

Individuals who have had suicidal thoughts and emotions and problems that felt unsolvable. They tell their stories, including research-based ways for managing the most painful moments of life. They teach Mindfulness, Mindfulness of Current Emotion, Opposite Action and Paced-breathing. These skills are part of Dialectical Behavior Therapy or DBT, proven to be helpful for people considering suicide. You do not have to have suicidal thoughts or mental health problems to use these tools – they are useful for most people and many problems.

NMN Home Page Menu

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Opposite Action

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Paced Breathing

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Lethal Means

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Young Ambassador

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Suicidal Thoughts

Project Healthy Minds

<https://www.projecthealthyminds.com/>

PHM Home Page Menu

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/Guide for Healthy Minds

Mental health can feel like a maze. Let us help you find the resources to improve your mental wellness.

Browse by Emotional State

Find mental health resources based on how you're feeling or what you're going through.

A Mental Health Crisis
For people who may be a danger to themselves or others. >

Stress
For people who feel like they have too much on their plate. >

Depression
For people who feel like they're stuck in a rut. >

Anxiety
For people who feel like they're always anxious. >

Trauma
For people coping with trauma. >

Grief
For people who are struggling with a loss. >

Relationship Issues
For people struggling with relationship problems. >

Browse by Resource Type

Find mental health resources based on the kind of help you're interested in.

Meditation
For people who could use help relaxing and taking their minds off their every day thoughts. >

Teletherapy
For people who want to process things by speaking with a therapist over video or text. >

Sleep
For people who want to improve their mental health by sleeping better. >

Exercises
For people who are looking for live classes and interactive exercises to improve their mental health. >

Peer Support
For people who are looking for other people with shared experiences and struggles. >

Education
For people who want to learn more about mental health and disorders. >

Therapist Directories
For people who are looking for therapists to talk to face-to-face. >

Helplines
For people who need to talk to a crisis counselor immediately. >

<https://mhanational.org/>

Mental Health America (MHA)'s work is driven by its commitment to promote mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; with recovery as the goal.

MHA Home Page Menu

About Us

Annual Conference

Career Center

Center for Peer Support

Advocacy Network

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LIVE MENTALLY HEALTHY

FIND HELP

PUBLIC POLICY

GET INVOLVED

LEARN MORE

QUICK FACTS AND
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MHA PROGRAMS

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RESEARCH AND REPORTS

WEBINARS

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TOOLS FOR MENTAL
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FIND A WARMLINE

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FIND HELP FOR SOMEONE
ELSE

TYPES OF MENTAL HEALTH
TREATMENTS

TYPES OF MENTAL HEALTH
PROFESSIONALS

HOW INSURANCE WORKS

WHAT TO EXPECT

FIND MHA IN YOUR AREA

FAQS

Featured Programs



National Advanced Peer Specialist

To meet the growing demand for peers, MHA has developed the first national advanced peer specialist certification.

[Learn More](#)



Peer Partners Program

Helping people build networks of friends and intimate relationships.

[Learn More](#)



I Am Not Alone

Providing real solutions to end loneliness and isolation.

[Read more](#)



Webinars

Boost your knowledge with our free webinars!

[Learn More](#)



<https://www.shatterproof.org/>

They support those struggling with addiction and lend strength to their loved ones and communities by advocating for change, providing resources, and taking action to prevent and defeat this horrible disease.



Revolutionizing addiction treatment

Better addiction treatment means more lives saved. It's that simple.



Ending the stigma of addiction

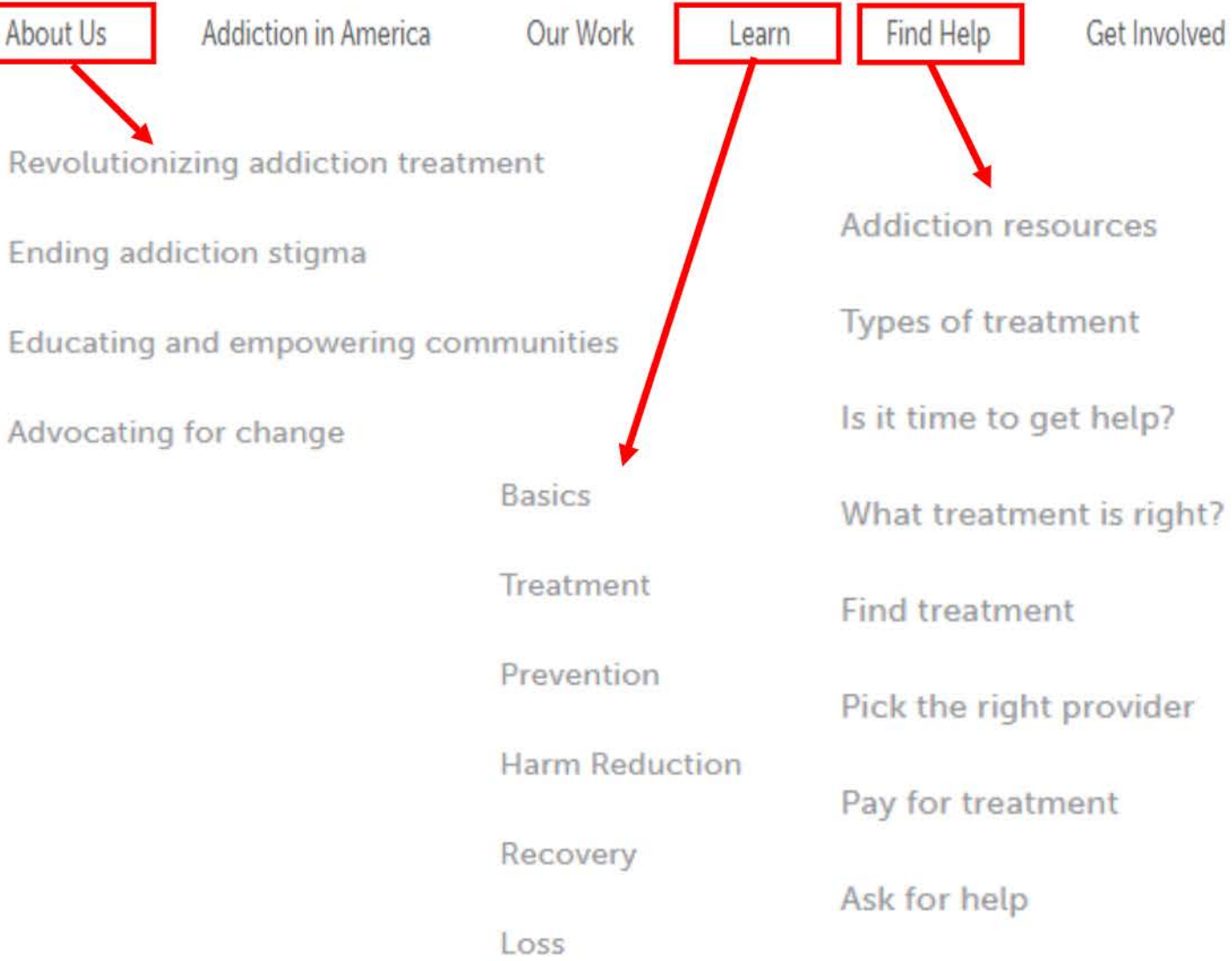
When we talk openly about addiction, people get the help they need.



Empowering & educating communities

With the right information, resources, and support, people recover.

Shatter Proof Home Page Menu



NATIONAL DOMESTIC VIOLENCE HOTLINE

<https://www.thehotline.org/>



Call

1.800.799.SAFE (7233)
TTY 1.800.787.3224



Chat

Chat live now



Text

Text "START" to 88788

Domestic Violence Home Page Menu

Get Help

Identify Abuse

Plan for Safety

Support Others

Create a Safety Plan

Local Resources

**Healthcare, IPV, and Health
Centers**

Legal Help

Deaf Services

Native American Services

**Understand Relationship
Abuse**

Warning Signs of Abuse

Power and Control

Why People Abuse

Abuse and Cultural Context

Interactive Safety Plan

Internet Safety

Supporting Your Children

Pet Safety

Start a Conversation

Ways to Support

Why People Stay

Help for Abusive Partners

**Search the directory of
assistance providers**

Provider name

State*

City

Shelter?

☐ Yes

☐ No

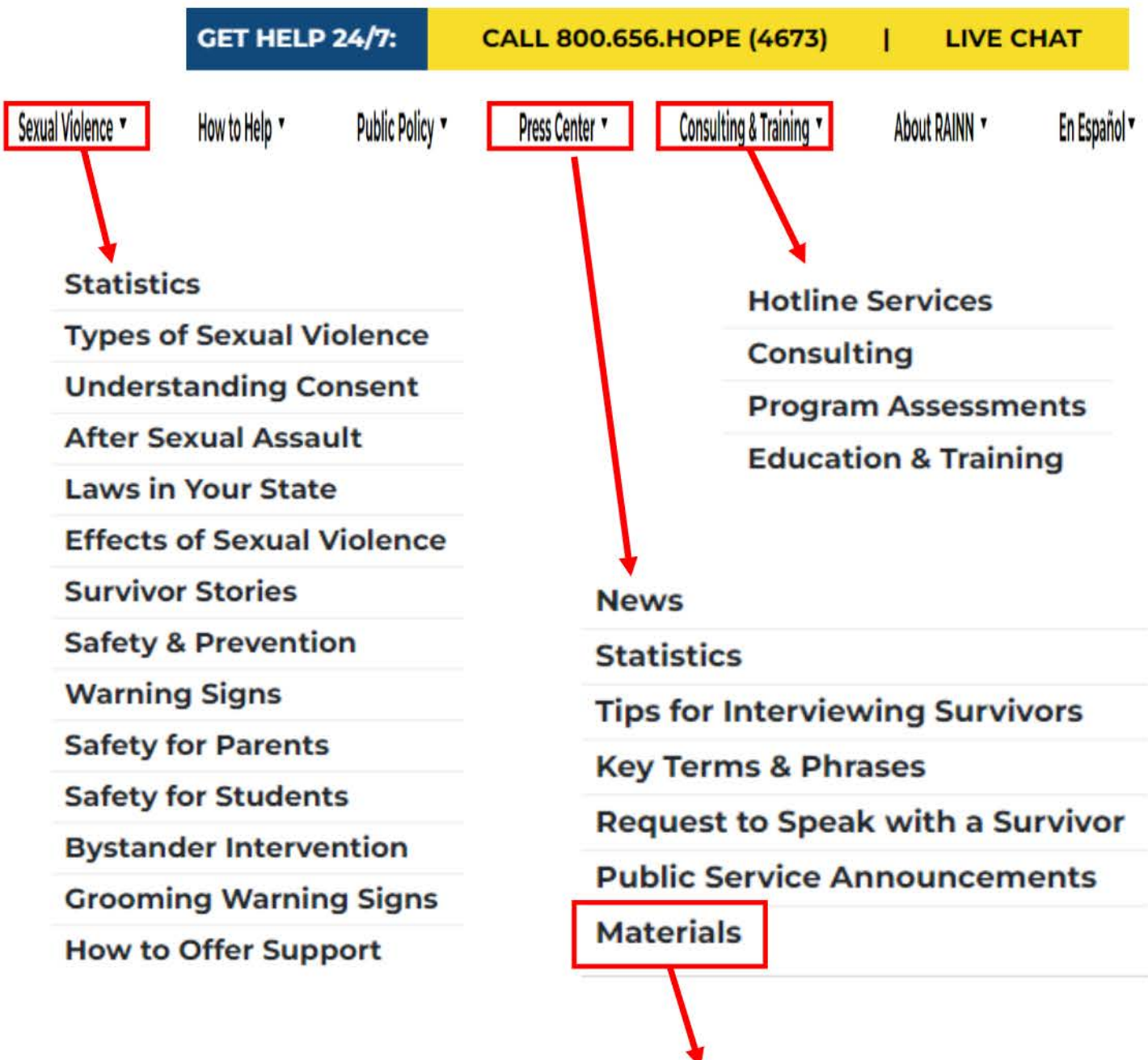
☒ Any



<https://www.rainn.org/national-resources-sexual-assault-survivors-and-their-loved-ones>

RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN has programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

RAINN Home Page Menu



RAINN's handouts, toolkits, infocards, and postcards that you can download, print, and use at your events. You'll also find our shareable graphics to spread awareness through social media.



<https://www.suicide-stops-here.org/>

Their mission: To develop and implement a unified strategy for reducing suicide and promoting mental well-being in the construction industry.

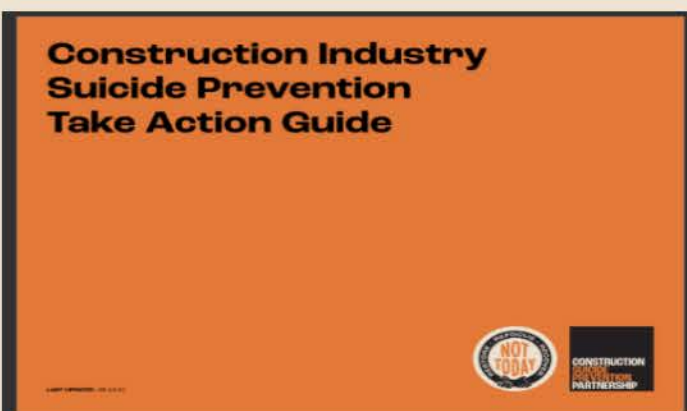
CSPP Home Page Menu

The screenshot shows the CSPP Home Page Menu. The navigation bar includes links for [About](#), [Strategy](#), [Toolbox Talks](#), [Resources](#), [Get Help Now!](#), [News](#), and [Contact Us](#). A search icon is also present. The 'Resources' dropdown menu is open, showing options: [Training](#), [NOT TODAY](#), [Prevention](#), [Intervention](#), [Postvention](#), and [Action Guide](#). Red arrows point from the 'Toolbox Talks' and 'Resources' menu items to their respective sections on the page. The 'Toolbox Talks' section features a graphic of three interlocking gears and a list of six topics: Gratitude Toolbox Talk, Deep Breathing Toolbox Talk, What is an EAP? Toolbox Talk, Breaking the Stigma Toolbox Talk, and Being Present Toolbox Talk. The 'Resources' section features a graphic of a person with a lightbulb and a list of eight topics: Importance of Sleep, 4-Ways to Prevent Suicide, Financial Wellness, Reducing Access to Lethal Means, Decreasing Suicides, and Mental Health and Safety.



CSPP is one of many groups working to prevent suicide in the construction industry. Below are links to data, strategies, and other construction suicide prevention programs.

Action Guide



Construction sites can be highly stressful environments. They also cultivate innovation, valuable friendships, and deep trust.

Together, we can inspire change within our industry that leads to lower suicide rates, improved mental well-being, and safer, healthier, and more humane workplaces. This guide's purpose is to help make that happen – for construction companies, safety managers, and trade workers.

Our TAKE ACTION GUIDE will help your company prioritize mental health, learn how to access services, and encourage healthy conversation around mental wellness. We hope you find these tools helpful. Ts. We hope you find these tools helpful.

[Download the take-action guide!](#)



THE CENTER FOR CONSTRUCTION RESEARCH AND TRAINING

<https://www.cpwr.com/>

CPWR Home Page Menu

RESEARCH

TRAINING

SERVICE

NEWS & EVENTS

ABOUT CPWR



RESEARCH

CPWR conducts industry-driven research on existing and emerging hazards to better understand the risks, analyze and interpret key data, and find practical solutions and approaches to protect workers.

[LEARN MORE →](#)

Research Projects

Current Research

Completed Research

Published Research

Key Findings

CPWR Reports

Peer Reviewed

Small Study Program

Data Center

Construction Chart Book

Data Reports

Data Dashboards

Construction FACE Database

Research to Practice (r2p)

r2p Library

r2p Partnerships

Infrastructure Resources

Management Resources from Research

Best Built Plans/Management

COVID-19 Construction Clearinghouse

COVID-19 Exposure Control Planning Tool

Safety Culture and Safety Climate

Work Safely with Silica

Training and Awareness Programs from Research

Best Built Plans/Ergonomics

Foundations For Safety Leadership

Hearing Loss Prevention

Preventing Head Injuries

Radiofrequency Radiation (RF)

SAVE

Hazard-Specific Resources & Training Tools

Hazard Alert Cards

Toolbox Talks

Fall Safety

Mental Health & Addiction

More...

Mental Health & Addiction

Mental health issues – in particular opioid addiction and suicide – are impacting construction workers at alarming rates. Rates of both opioid use and suicides have risen dramatically throughout the US over the past several years, and studies have shown that these are areas of particular concern for the construction industry.^{[1], [2]}

- [Click here](#) to find information and resources about opioid deaths, prevention, and pain management alternatives.
- [Click here](#) to find resources to help organizations and individuals understand suicide prevention, start a conversation, and play a role in supporting friends, co-workers and family members.

If you or someone you know needs immediate help, please contact:

[National Suicide Prevention Lifeline](#)— a free and confidential (U.S.) resource that connects individuals with skilled, trained counselors 24/7.

Call 1-800-273-TALK (1-800-273-8255)

Use the [online Lifeline Crisis Chat](#)

CPWR also has a Toolbox Talk on workplace stress available in English and Spanish:

[Workplace Stress](#)

[Estrés en el Trabajo](#)

Mental Health Awareness & Suicide Prevention Courses



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

<https://www.mentalhealthfirstaid.org/>

Identify. Understand. Respond.

Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues.

MHFA Home Page Menu

GET TRAINED ▾ BE AN INSTRUCTOR ▾ IMPACT ▾ ABOUT MHFA ▾



<https://qprinstitute.com/>

We can all save lives

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

QPR Home Page Menu

Online Training

In-Person Training

Become an Instructor



LIVINGWORKS

<https://www.livingworks.net/>

The world leader in suicide prevention training solutions

Suicide can be prevented, and everyone has a role to play. No matter what that role is, our training programs prepare individuals, organizations, and communities to make a difference.

Livingworks Home Page Menu

Saving Lives from Suicide

COVID-19

Our Trainings

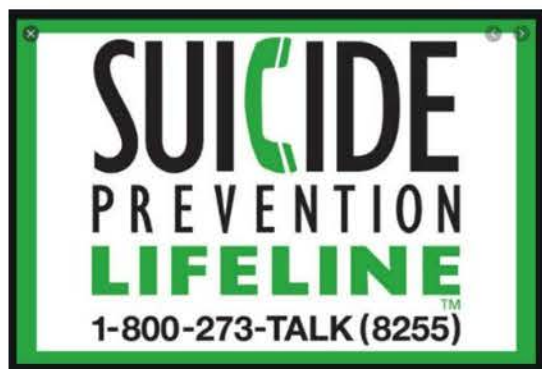
About

Training for Organizations

Resources

Blog

Crisis Helplines



Starting on July 16, 2022, **988** will be launched as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline.



CRISIS TEXT LINE |

Type: **HELP** or **CONNECT**
to **741-741**



National Alliance on Mental Illness

NAMI HelpLine

800-950-NAMI (6264)

SAMHSA

Substance Abuse and Mental Health
Services Administration

SAMHSA's National Helpline
(Treatment referral and information service)
1-800-662-HELP (4357)