

Recognize the Signs to Speak Up

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 ARE THEY DOING?

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

WHAT'S HAPPENING IN THEIR LIVES?

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

STANDUP

FOR SUICIDE PREVENTION

RESOURCES

HELP IS WITHIN REACH



INFORMATION & RESOURCES AT
preventconstructionsuicide.com



THE NATIONAL SUICIDE
PREVENTION LIFELINE AT
1.800.273.TALK (8255) or
suicidepreventionlifeline.org

CRISIS TEXT LINE |

TEXT HELLO TO 741741
Free, 24/7, Confidential
crisistextline.org