

Mental health within the construction sector is being regarded as a significant health risk to individual workers. Suicide is the second leading cause of death in construction to men aged 25-59.

This is a shocking and preventable statistic. Suicide can be prevented through awareness, outreach and the fundamental understanding that no one is alone.

Mental Health Awareness

Mental illnesses are characterized by changes in thinking, mood or behaviour, i.e., mood disorders, schizophrenia, substance abuse related psychosis or depression. People of all genders, ethnicities, ages and backgrounds can be afflicted by mental health challenges at any time. It is important to seek help immediately from family, friends or trained professionals if you are continuously sad, with-drawn, fatigued, overwhelmed or if you think of self-harm.

If you notice this behaviour in co-workers or loved ones, reach out and encourage them to seek help.

Recognizing Suicidal Behaviour

The signs of suicide include:

- Behaviour changes, sudden withdrawal from family and friends,
- Talking or joking about suicide or talking about having no hope,
- Sudden mood swings, irritability, depression,
- Giving away prized possessions, saying goodbye, suddenly completing a will, and
- Increased drug or alcohol consumption and failure to care for oneself.

Reach out and seek help if you or anyone you know may be suicidal or thinking of self-harm.

Mental Health and Wellness Resources

- **Dial 811** BC Nurses hotline provides BC health system navigation and advice including addiction services, mental health services, domestic violence and general inquiries.
- **1-800-Suicide** Free confidential crisis hotline available 24/7.

Crisis Centre BC Provides crisis intervention for individuals and families affected by suicide.

www.crisiscentre.bc.ca

Sources BC Provides counselling services for substance abuse, homelessness, suicide prevention employment, domestic abuse and family counselling.

www.sourcesbc.ca

Victimlink 1-800-563-8080 A 24/7 hotline for victims of domestic or sexual violence.

United Way, lower mainland Volunteer organization that helps community members with food security, community kitchens, affordable housing networking and poverty outreach. Services are available for individuals and families. <u>www.uwlm.ca</u>

John Howard Society of BCA non-profit organization that provideshousing options for those at risk of homelessness or economicinsecurity, as well as community outreach in the criminal justicesystem.Ph. 604-872-5651

GroupHealth Arkay's extended health benefits provider.
Check your EHB booklet for services provided including access to registered psychologists and qualified social workers.
www.arkaycontracting.com

