Mental health can’t be fixed with duct tape.

BE ON THE LOOKOUT FOR THESE WARNING SIGNS

**LIKELY RISK**
- Previous suicide attempts
- History of depression or other mental illness
- Alcohol or drug abuse
- Family history of suicide or violence
- Physical illness
- Feeling alone

**IMMEDIATE RISK**
- Talking about wanting to die or to kill oneself. Communication may be veiled: “I just can’t take it anymore,” or “What’s the use?”
- Looking for ways to kill oneself, such as searching online or obtaining a gun
- Talking about feeling hopeless or having no reason to live

**SERIOUS RISK**
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increased use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Extreme mood swings

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 National Suicide Prevention Lifeline right away.

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