

Mental Health Awareness & Support in the Construction Industry



The construction industry is often referred to as a career path for “tough” people. However, the demands of the job can put a physical and mental strain on the toughest among us. With one in five construction workers reporting struggles with mental health issues, it’s important to recognize the warning signs, not only to maintain wellness, but also to avoid a problem becoming a crisis. **If you or someone you know is struggling, have the courage to take action to keep us all safe.**

MENTAL & PHYSICAL WELLNESS

Being aware of your mental and physical wellness is essential to your overall wellbeing. Staying on top of it isn’t always easy, but keeping an eye on the warning signs can make a huge difference.

Potential Ways to Improve Your Mental Wellness:

- Be mindful/present
- Properly cope with loss
- Reduce stress
- Strengthen your social connections
- Get quality sleep
- Take time for yourself

ALCOHOL & SUBSTANCE ABUSE

If you’re struggling with alcohol or substance abuse issues, contact your Union’s Employee Assistance Program (EAP) or call Wisconsin’s Addiction Recovery Helpline at 2-1-1 or 833-944-4673 or SAMHSA’s (Substance Abuse & Mental Health Services Administration) National Helpline at 1-800-662-4357.

Potential Warning Signs of Alcohol Abuse:

- Repeated conflicts with family members, friends or co-workers
- Drinking alone or drinking in secret
- Using alcohol on a regular basis to relax, improve mood, sleep, deal with problems or feel “normal”
- Headache, anxiety, sleeplessness or an upset stomach when not drinking
- Trembling hands
- Not being able to recall events while drinking, also called blackouts
- Recurring mood swings, depression or irritability
- Increased tolerance of alcohol
- Red-faced and ruddy complexion, broken capillaries on the face

Potential Warning Signs of Substance Abuse:

- Change in complexion
- Relationships conflicts, such as fights with loved ones and bosses, loss of friends
- Blood-shot eyes
- Lack of motivation or follow-through
- Sudden weight loss
- Work or home responsibilities are being neglected

SUICIDE PREVENTION

If you’re struggling with mental health issues, contact your Union’s Employee Assistance Program (EAP) or call the Suicide Prevention Lifeline: 1-800-273-8255.

Potential Warning Signs of Suicide:

- Increased tardiness
- Self-criticism or self-hatred
- Giving away tools or other personal items that hold meaning or value
- Talking about being a burden
- Expressing no hope for the future
- Talking about self-harm, self-destructive behavior
- Withdrawing from others
- Extreme mood swings



Visit NIH for more information about mental wellness



Visit SAMHSA for more information about alcohol & substance abuse



Visit Lifeline for more information about suicide prevention