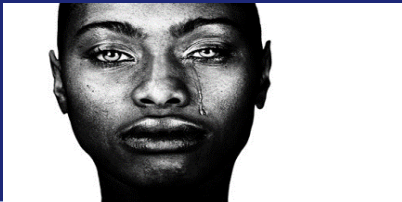


# Breaking The Silence About Mental Health

Dr. Keith Dempsey



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Clap you hands everybody....



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## NECA Phone Call



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## What I learned!



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## Safety and Mental Health???

- Attendees will experience 3 days of exceptional keynote speakers.
- There will be featured sessions on electrical construction.
- You will hear from industry leaders and safety experts
- This industry is emotionally taxing and mental health issues are not readily explored.



## Marvin Gaye



## What's Going On?

- 2020
- COVID19
- George Floyd / Brianna Taylor
- Protests
- Houseless / Jobless
- Isolation / Lockdown



## Still Going On!

- Delta & Omicron
- Racial/Political Tension
- Job Stress
- Grief / Anxiety / Depression / Trauma
- Discrimination
- Silent Crisis



## Silent Crisis

- Your industry has the highest rates of stress, anxiety and depression.
- Most dangerous job, yet accidental death rates on the job pale in comparison to suicide.
- We have to ask 'why'.



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## Kool Keith, President EMWC

- "Mental health is not something we talk about in our communities and we need to break the silence in order to heal...."
- "We can't ignore the cuts of life and expect the bleeding to stop".
- He took a risk.



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## It's time to talk!



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## A Million Little Things



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## Danger in Silence

- We create narratives (honey crunch)
- Fear of what one might think (Meds; Ben Simmons)
- We don't seek the wisdom in the room (15 minute Q & A)
- It is, what it is



## Stigma

- A mark of disgrace associated with a particular circumstance.
- Stigma excludes, labels, stereo types, and discriminates.
- Stigma compromises psychological safety



## Not!

- Struggling with mental health is **not** a sign of weakness. It is **not** an indicator you are crazy. It is **not** a sign that God doesn't love you. **It is** a human experience that we should **not** be ashamed of. Most of us are ashamed because of the response we may receive from our community.



## Men and Stigma

- Boys don't cry
- Be tough
- Anger is okay
- Daddy said.....



## A Million Little Things



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## Women and Stigma

- Can't be too emotional / unstable
- Not trustworthy
- Dependent on others
- Rigidity
- Strong Black woman



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## Isis Harris

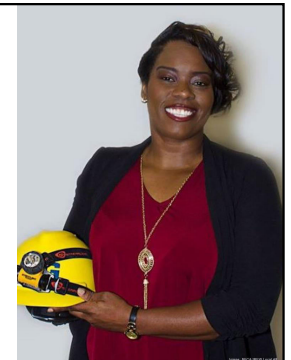
Will add video clip soon.

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## Isis Harris

- Oregon Trade Women's Board of Directors
- Served as VP for EMWC
- Journey Person (2019)
- Isolation / Anxiety / Low Self-Esteem
- No one to talk to



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## Donna Hammond

- 39 years – Union Electrician
- Attributes good leadership to a different experience
- Leadership Position
- Work in her car for 3 hours
- Experienced depression



## Stigma and People of Color

- Folks of color need to talk
- Where are the counselors of color
- History has compromised safety
- PCC Story



**IT IS**  
**WHAT**  
**IT IS**

## Face IT, To Fix It



## A Million Little Things



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## Know, we don't know

- Inherently we all want to do well.
- Remain curious.
- Identified problematic behavior does not tell the story.
- We need to talk, but we also need to listen.



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## Set the Table

- Create a supportive environment.
- Make opportunities to discuss issues.
- Providing the resources.
- Providing leadership and advocacy.



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## Marvin Said...

- Mother, mother  
There's too many of you crying  
Brother, brother, brother  
There's far too many of you dying  
You know we've got to find a way  
To bring some lovin' here today.....
- Picket lines and picket signs  
Don't punish me with brutality  
Talk to me



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