

# SUICIDE AND OPIOID AWARENESS



## Suicide in the Construction Industry

Construction continues to have **one of the highest suicide rates** across all industries.

About  
**4x higher**  
than the  
general  
population.

Approximately  
**1,000**  
**jobsites**  
deaths each year  
in construction.

Approximately  
**5,000**  
**deaths**  
by suicide.

**Mental Health Awareness** could be one of the biggest opportunities to make a difference in our industry today.



Visit [988lifeline.org](https://988lifeline.org) or call 988 for 24/7, free and confidential support for those in distress, prevention and crisis resources for you or your organization.



Visit [answ.org](https://answ.org) to access more resources for your organization to address opioid overdoses in the workplace.

## Acute Opioid Use Leads to Long Term Use

### Duration of acute use:

**1 Day = 6%**  
chance of still using  
the drug a year later

**7 Days = 13.5%**  
chance of still using  
the drug a year later

**31 Days = 29.9%**  
chance of still using  
the drug a year later

Long term use leads to:

- Increased perception of pain
- Increases risk of depression
- Increases risk of suicide

How to Respond to an opioid overdose:

1. Call 911
2. Use Naloxone nasal spray as fast as possible
3. Try to keep the person awake and on their side.
4. Provide CPR if needed.
5. Stay with the person until medical help arrives.

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