

Suicide Prevention

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The construction industry loses more workers to suicide than workplace accidents. Construction work brings many personal challenges: long days, overtime, work travel and time away from home, stress, seasonal layoffs, high-pressure deadlines, and physical pain.

September 14–18 is Construction Suicide Prevention Week

It's important to recognize the **warning signs** and to respond appropriately to those who may be struggling:

- Changes in behavior
- Signs of substance abuse; changes in weight or mood
- Listening to others and hearing how someone is struggling

What Can You Do?

- Help someone call 988
- Call 988 with a team member
- Call/visit the Construction Care Line 833-444-6020 or visit www.usconstructioncareline.org
- Take a [free confidential online mental health assessment](#)
- Contact your employer's Employee Assistance Program (EAP)

AGC Toolbox Talk

BUILT TO LAST

What your company can do

- Reduce stigma around mental health in construction – make the topic about being safe
- Create a space for employees to gather and talk
- Make resources available (mental health awareness, EAP, talk about these regularly)
- Watch a [CSPP video](#)
- Download a [Toolbox Talk from Construction Suicide Prevention Partnership](#)

Quotes:

- “The way I see it, if you want the rainbow, you gotta put up with the rain” - Dolly Parton
- “No matter what people tell you, words and ideas can change the world.” – Robin Williams, Dead Poets Society
- “Although the world is full of suffering, it is also full of the overcoming of it.” – Helen Keller

Resources

- [Construction Suicide Prevention Week](#)
 - [Construction Suicide Prevention Partnership and Lines for Life](#)
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SIGNATURES