

Let's Break the Silence: Mental Health Matters in Construction

Did you know that 65 out of every 100,000 male workers in construction and extraction roles die by suicide? **That's more than double the national average.**

Behind the hard hats and heavy lifting are **real people facing**:

- Chronic physical exhaustion and pain
- Workplace violence and harassment
- Job instability and seasonal layoffs
- Substance misuse (opioids and alcohol)
- A culture that stigmatizes mental health support

Let's partner together to build a culture where mental health is prioritized, stigma is reduced, and lives are saved.

BENEFIT FROM:



Tailored Support

Our EAP services are built with the realities of the construction industry in mind.



Supervisor Training

Equip managers to recognize warning signs and intervene early.



Proven Impact

We help you build a culture where mental health is taken seriously—improving morale, safety, and retention.



24/7 Access

Immediate, confidential help when your employees need it most.



On-Site Support

Suicide prevention messaging and in-person education reduce stigma and promote awareness.

**Contact Us To
Request Info & Discuss
Your Options >>**

