



# Let's Break the Silence:

## Mental Health Matters in Automotive Repair Services

Did you know that 50 out of every 100,000 male workers in automotive repair services die by suicide? **That's more than double the national average.**

Many workers in automotive repair face a perfect storm of challenges:

- Long hours, tight deadlines, and the physical demand.
- Despite skilled work, many techs struggle with low wages.
- Fluctuating workloads present a concern for job insecurity.
- Chronic pain and long-term injuries due to the physical toll of years on the job.

**Let's partner to change the culture in the shop and make mental health a priority.**

### BENEFIT FROM:



#### Tailored Support

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



#### 24/7 Access

Immediate, confidential help when your employees need it most.



#### Supervisor Training

Equip managers to recognize warning signs and intervene early.



#### On-Site Support

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



#### Proven Impact

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

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

