

# CONSTRUCTION IN CRISIS: PREVENTING SUICIDE & SUBSTANCE ABUSE



## Resources:

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

[Construction Industry Alliance for Suicide Prevention](#)

[National Suicide Prevention Lifeline: 1-800-273-TALK \(8255\)](#)

Free and confidential support for people in distress, 24/7.

[National Helpline: 1-800-662-HELP \(4357\)](#)

Treatment referral and information, 24/7.

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## **5-Part Blog Series on Construction by CSDZ**

1 of 5 -- Mental Health — The Invisible Crisis in Construction – written by President of CSDZ Jerry Ouimet

<https://www.csdz.com/mental-health-the-invisible-crisis-in-construction/>

2 of 5 – The Invisible Construction Crisis: Why Focus on Construction Workforce Risk?

<https://www.csdz.com/the-invisible-construction-crisis-why-focus-on-construction-workforce-risk/>

3 of 5 – The Invisible Construction Crisis: Strategies to Address Mental Wellbeing

<https://www.csdz.com/the-invisible-construction-crisis-strategies-to-address-mental-wellbeing/>

**4 of 5 – The Invisible Construction Crisis: Pledge to STAND-Up for Suicide Prevention**

<https://www.csdz.com/the-invisible-construction-crisis-strategies-to-address-mental-wellbeing/>

**5 of 5 -- The Invisible Construction Crisis: Removing Our Emotional Masks**

<https://www.csdz.com/the-invisible-construction-crisis-removing-our-emotional-masks/>

## **Additional Resources from CSDZ:**

**Toolbox Talk on Self-Care Practices**

<http://www.csdz.com/wp-content/uploads/2020/03/Toolbox-Talk-Mental-Wellbeing-Self-Care-March-2020.pdf>

**Mental Wellbeing Resources for Veterans and Caregivers**

<http://www.csdz.com/wp-content/uploads/2020/06/Hardhat-Health-Resources-for-Veterans-Caregivers-FINAL-PDF-6-10-2020.pdf>

**Risk of Relapse for Alcohol and Substance Use Disorders During and After COVID-19**

<http://www.csdz.com/wp-content/uploads/2020/05/Toolbox-Talk-Mental-Wellbeing-Risk-of-Alcohol-or-Substance-Use-April-2020-.pdf>

**Mental Wellbeing and Suicide Prevention Resources for Employees and Families**

<http://www.csdz.com/wp-content/uploads/2020/03/Resources-Mental-Health-Suicide-Prevention-For-Employee-Families.pdf>

**Mental Wellbeing and Suicide Prevention Resources for Employers**

<http://www.csdz.com/wp-content/uploads/2020/03/Resources-Mental-Health-Suicide-Prevention-For-Employers-March-2020.pdf>

## **CONSTRUCTION MAGAZINE**

[https://www.construction-digital.com/ctcq/0120\\_spring\\_2020/MobilePagedArticle.action?articleId=1569739#articleId1569739](https://www.construction-digital.com/ctcq/0120_spring_2020/MobilePagedArticle.action?articleId=1569739#articleId1569739)

Direct link to article on Connecticut's first Opioid Stand Down:

[https://www.construction-digital.com/ctcq/0120\\_spring\\_2020/MobilePagedArticle.action?articleId=1569745#articleId1569745](https://www.construction-digital.com/ctcq/0120_spring_2020/MobilePagedArticle.action?articleId=1569745#articleId1569745)

**Guts, Grit & The Grind** – A Mental Mechanics Manual - <https://www.gutsgritgrind.com/>

[Washington Post Article: 'Cries for help': Drug overdoses are soaring during the coronavirus pandemic](#)