



In 2018, 1,008 construction workers died on the job; that same year, 5,432 died by suicide. Construction workers are **five times** more likely to die by suicide than from a jobsite injury.

Construction workers are particularly susceptible to mental health issues and suicide, with 50% of all construction workers experiencing a diagnosable mental health problem. Mental health has been called an invisible crisis, exacerbating existing mental health conditions and increased chronic pain, fatigue, substance misuse including overdose, post-traumatic stress, and suicide risk.

NAHB's mental health and wellbeing initiative aims to destigmatize mental health issues in construction and provide members with valuable resources to help their workers.



Mental Health in the Workplace

NAHB recognizes the urgent need for employers to be proactive in maintaining a safe and supportive work environment. NAHB's member mental health and wellbeing initiative, which includes substance misuse, focuses on helping association members support healthy work environments and be more proactive in looking at their own health and wellness.

Start a Conversation, Change the Culture

The first step in reducing stigma and providing support is to start the conversation about what mental health and substance misuse look like, how to talk about it and what can help. Knowing what to say to someone who might be struggling with mental health issues isn't easy.

The best way to start a conversation is to use your own words and be direct. Ask how you can help. The important thing is to express your care and concern in a genuine and nonjudgmental way. Changing the culture in the industry reduces stigma and misconceptions surrounding mental health.

Free Tools to Identify and Understand Issues

NAHB has partnered with leading experts to develop tools especially for members to identify and learn more about mental health and addiction issues. NAHB has new resources to help address mental health in the workplace:

Confidential mental health screening – The quickest way to determine if you or someone you care about should connect with a behavioral health professional.

5-minute lessons on substance misuse – The most important concepts and facts regarding addiction. Learn who's at risk, how to know if a person has a substance use disorder, and more.

Toolbox training talks – Easy to follow tips on how to speak with workers on a jobsite about mental health.

Ready to get started?

For more information, visit: nabh.org/mentalhealth

