



THE EAP AND YOUR EMPLOYEE'S WELL-BEING

I heard from a friend that construction workers have a high rate of suicide. Is this true? What does the literature say? I work in this industry but have not been aware of this before.



The construction and extraction industries (mining, excavation, etc.) have the second-highest rate of suicide according to the U.S. Centers for Disease Control (CDC). The rate is about 54 workers per 100,000 employees. Several factors are associated with this statistic: the highest rate of heavy drinking of any group, unsteady employment, sleep disruption, chronic pain-driven opioid use and addiction, work pressures. It's a male-dominated occupation with stigma associated with mental health problems and asking for help, poor work conditions, low pay, stress, depression, and social isolation.

As a supervisor in construction trades, have frequent contact with your workers so you can identify performance issues including conflicts and quality of work or attendance problems, discourage bullying, resolve conflicts, and keep the EAP well-promoted as a go-to resource for help. You may save a life and never know it. Always emphasize confidentiality when speaking about the EAP.

Source: <https://www.samhsa.gov/suicide>

Leadership Orientation Session B

Friday, Dec. 10th, 2021
9:00 am - 11:30 am

CONTACT US TODAY:

Please contact our office by calling 800-779-6125 or e-mailing (info@connectionseap.com) for more information or register online:
www.connectionseap.com

ATTENTION: SUPERVISORS, MANAGERS, ADMINISTRATORS:

Session A: "Leadership Orientation to the EAP", is always available on the website. Please check your wallet cards or contact your HR department for your username and password.

Website Information – Webinars are available in the Work/Life Services site. Log in on Connections website go to Employee or Leadership Resources tab to access webinars, continue to scroll down on the Work/Life Services opening page. (All webinars are archived for later viewing.)

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