CONSTRUCTION has the highest number of SUICIDES and the highest SUICIDE RATE

THIS MUST CHANGE
RECOGNIZE THE WARNING SIGNS

- Appearing sad or depressed most of the time
- Increased tardiness and absenteeism
- Near hits, incidents, and injuries
- Decreased productivity
- Increased conflict among co-workers
- Extreme mood swings
- Increased use of alcohol or drugs
- Talking about feeling trapped or wanting to die
- Decreased self-confidence
- Feeling hopeless and helpless
- Sleeping too much or too little
- Acting anxious, agitated, or reckless
- Withdrawing from family and friends
- Talking about being a burden to others
- Decreased problem-solving ability