

# Suicide Prevention

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World Suicide Prevention Month reminds us of the importance of remembering the millions of people struggling every day with thoughts of suicide. Depression and suicidal ideation can impact anyone, and signs can look different for everyone. Suicide has no one-size-fits-all presentation, which is why it's important to destigmatize mental health care and asking for help.

The construction industry has one of the highest suicide rates among professions — with the rate among male construction workers 75% higher than men in the general population, according to the Centers for Disease Control and Prevention. An estimated 6,000 construction workers died by suicide in 2022, an increase from 2021, according to the most recent data available.

The ALS Group is deeply committed to the construction industry, remembering the safety of a workplace is not just about avoiding injuries but ensuring the wellbeing of the many workers who make a project successful. Throughout the month of September, we want to do all we can to help bring awareness to this serious issue. ALS will be speaking more and more about how we all can help make a difference and, potentially, save a life. Additionally, we will commit to supporting this cause in any way we can.

It is important to know and be able to recognize the signs of suicide. Checking in on someone who is exhibiting distressing behavior can be the difference in saving their life. If someone close to you begins expressing feelings of hopelessness, lack of purpose, considering ways to end their life, or feeling like a burden to others, reach out to them in a supportive way. Other signs of suicidal ideation can include extreme mood swings, increased drug and alcohol use, fits of rage, and revenge or unhealthy closure-seeking behaviors.

This September, National Suicide Prevention Month, make a point to reach out to someone you know and ask them how they're doing. Invite them for lunch, coffee, or just to catch up. Make sure your friends and loved ones know you're a safe person to come to if they need support or help finding resources to combat thoughts of suicide. Even something as simple as sharing a pleasant memory with someone can be enough to turn someone's mental state around.

Our hearts go out to all the families of victims of suicide.

If you or someone you know is experiencing thoughts of suicide, please call the US National Suicide Prevention Lifeline 24/7/365 at (800) 273-8255.

Sources:

<https://www.cdc.gov/mmwr/volumes/72/wr/mm7250a2.htm>

<https://www.cpwr.com/research/research-to-practice-r2p/r2p-library/other-resources-for-stakeholders/mental-health-addiction/suicide-prevention-resources/>