

## **Toolbox Talk Training: Mental Health Crises and Suicide Prevention**

Mental health challenges and suicide risks continue to affect workers across construction, manufacturing, transportation, warehousing, maintenance, and industrial operations. High-pressure work environments, physically demanding tasks, long work hours, fatigue, financial stress, isolation from family, job insecurity, and substance abuse can negatively impact emotional well-being and overall workplace safety. When mental health struggles go unrecognized, workers may experience decreased focus, poor decision-making, unsafe behaviors, reduced productivity, and increased risks of accidents and injuries on the jobsite. Creating a supportive workplace culture that encourages communication, awareness, and early intervention is essential for protecting both employee well-being and workplace safety.

These toolbox talk training materials help supervisors, foremen, managers, and workers recognize warning signs of mental health crises, reduce the stigma surrounding mental health conversations, and encourage employees to seek professional help when needed. Effective mental health awareness training can improve communication among crews, strengthen teamwork, reduce stress-related incidents, and support workers who may be struggling emotionally or mentally. By promoting awareness and providing access to support resources, employers can help create safer, healthier, and more supportive workplaces for everyone.

This collection of mental health and suicide prevention toolbox talks covers common workplace concerns including recognizing warning signs, supporting coworkers, reducing stigma, and encouraging workers to seek professional help when needed.

### **Free Mental Health Crises & Suicide Prevention Toolbox Talks for Workplace Training**

- **Mental Health and Suicide Prevention Workplace Poster:** Reinforce awareness, support resources, crisis contacts, and positive workplace communication.
- **Mental Health Crises and Suicide Prevention – General Work Audience:** Learn how stress, anxiety, depression, and emotional struggles can affect workers both on and off the job.
- **Mental Health Crises and Suicide Prevention in Construction:** Recognize the unique mental health risks affecting construction workers including long hours, physical strain, isolation, and job pressures.

