



**Canadian-Specific Resources with Limited
US-Canadian Comparison Data**

Workforce Risk & Worker Wellbeing

Suicide Prevention in the Construction Industry



Risk Rewarded






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The Construction Reality

**More construction workers die by suicide each day
then all other workplace-related fatalities combined**

- ✓ **Construction is the #2 industry in number of suicides
and the highest rate of suicides:**
 - 45.3 per 100,000 workers
 - Estimated > 5,500 suicides each year
 - 15 suicides per day
 - That's 4 times greater than the national average
- ✓ **Mining, Quarrying, and Oil/Gas Extraction is #1 in
suicide rate**

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US Suicide by Construction Trade


Construction has the highest number and rate of suicides

- ✓ Almost 43.5 per 100,000 workers (vs. 14.2 for US population)
- ✓ More construction workers die by suicide each year than all other workplace-related fatalities combined

1. Ironworkers = 79	7. Equipment Operators = 52.8
2. Millwrights = 78.7	8. Construction Managers = 45.7
3. Brick/Block masons = 67.6	9. Electricians = 44
4. Roofers = 65.2	10. Construction trades first-line supervisors = 44
5. Laborers = 62	11. Pipelayers, plumbers, pipefitters/steamfitters = 35.4
6. Carpenters = 54.7	

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Suicide: Canada vs. USA

2018 Data (as of 10/1/2020)

Factor	Canada	USA
Population	37,067,011	327,876,000
Suicides in 2018	4,157	48,344
Suicides per day*	11	132
Number in terms of death	9 th	10 th
Rate per 100,000 population**	11.3	14.02
% or ratio of Male suicides	3:1 males	3.56 male to 1 female
Largest Demographic	Men in Middle (45-59)	Men in the Middle
At-Risk Populations	First Nations	White males = 69.67%

* Number believed to be grossly under-reported

** Large regional variations by state & other demographic factors

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Canadian Hotlines

Take out your cell phone and load 2 numbers:



Crisis Services Canada | Services de crises du Canada

24/7-365
1-833-456-4566

Chat not functional during COVID-19 pandemic



Crisis Text Line:
Text HOME to 741741




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Large Group Activity: USA Hotlines

Take out your cell phone and load 2 numbers:



NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org



741-741




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Large Group Activity: USA Hotlines

Take out your cell phone and load 2 numbers:

NATIONAL
SUICIDE
 PREVENTION
LIFELINE
 1-800-273-TALK (8255)
 suicidepreventionlifeline.org

CRISIS TEXT LINE |

741-741

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Canada Crisis Hotlines by Province



Crisis Services Canada | Services de crises du Canada

- ✓ **Local Resources & Support: Look up Search Function by Province**
 - ✓ <https://www.crisisservicescanada.ca/en/looking-for-local-resources-support/>

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Canada is Leader in Workplace Wellbeing

- ✓ The National Standard of Canada for Psychological Health and Safety in the Workplace
 - ✓ 2013
 - ✓ First of its kind in the world
 - ✓ Voluntary guidelines, tools & resources
 - ✓ Intent: Guide organizations in promoting mental health and preventing psychological harm at work.
- ✓ Free Download: <https://www.csagroup.org/article/canrsa-z1003-13-bnq-9700-803-2013-r2018/>

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Suicide in Canada Infographic

SUICIDE in Canada
CURRENT CONTEXT

An average of **10** PEOPLE die by suicide EACH DAY in Canada.

1000 DEATHS BY SUICIDE EVERY YEAR

9th LEADING CAUSE OF DEATH

ACROSS THE LIFE SPAN

CHILDREN AND YOUTH (0 to 19 years)	YOUNG ADULTS (20 to 29 years)	ADULTS (30 to 44 years)	ADULTS (45 to 64 years)	SENIORS (65+ years)
<ul style="list-style-type: none"> • Suicide 2nd leading cause of death • Male accounts for 25% of 10-19 year old • 200% increase in 1990's to 2010's • 10% of 10-19 year old • 10% of 10-19 year old • 10% of 10-19 year old 	<ul style="list-style-type: none"> • Suicide 2nd leading cause of death • Male accounts for 70% of 20-29 year old • 10% of 20-29 year old • 10% of 20-29 year old • 10% of 20-29 year old 	<ul style="list-style-type: none"> • Suicide 2nd leading cause of death • Male accounts for 70% of 30-44 year old • 10% of 30-44 year old • 10% of 30-44 year old • 10% of 30-44 year old 	<ul style="list-style-type: none"> • Suicide 2nd leading cause of death • Male accounts for 70% of 45-64 year old • 10% of 45-64 year old • 10% of 45-64 year old • 10% of 45-64 year old 	<ul style="list-style-type: none"> • Suicide 2nd leading cause of death • Male accounts for 70% of 65+ year old • 10% of 65+ year old • 10% of 65+ year old • 10% of 65+ year old

FOR EVERY **1** THERE ARE **5** SELF-HARMED INDIVIDUALS

25-30 PEOPLE PERMANENTLY ASSISTED BY SPECIAL SERVICES

7-10 PEOPLE PERMANENTLY ASSISTED BY SPECIAL SERVICES

THERE IS HOPE

Suicide can be prevented. Help is out there. You are not alone.

IF YOU ARE IN CRISIS:
 • Call 1-800-387-5828
 • Call 1-800-387-5828
 • Call 1-800-387-5828

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Canadian Mental Health Association

Canadian Mental Health Association
Mental health for all

100 years of hope

- ✓ Brochures: <https://cmha.ca/document-category/mental-health>
- ✓ One national office, 11 divisions in all provinces and one territory, and 75 community-based branches
- ✓ Provide services and supports to over 1.3 million Canadians
- ✓ More than 5,000 staff and 11,000 volunteers.

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Contact Information

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