

STOMP OUT THE STIGMA

MENTAL HEALTH AWARENESS MONTH



Monday, May 23: Suicide

Suicide – It’s a topic that many people don’t want to talk about, aren’t comfortable addressing or simply don’t know what to do when the subject comes up.

Unfortunately, while the topic is not easy an easy one, the construction industry has the second highest rates of suicide per 100,000 workers according to the CDC. Many of us have been touched personally by the effects of suicide and we believe that it is important to open up the conversation around suicide.

What makes construction workers more vulnerable?

There are many factors that can contribute to these statistics, some of them include not wanting to show weakness in a male-dominated field, changing work environments as people work on different jobs, physical pain, stress due to job site constraints, substance abuse, etc.

What are the warning signs that someone you know or work with is considering suicide?

The signs that someone is considering suicide can vary greatly. This can be as direct as saying they want to kill or harm themselves, but these can also be more subtle. They can include being overly critical of themselves, significant withdrawal from personal relationship, giving away items of value, saying goodbye to friends/family, extreme mood swings, talking about being a burden to others, etc.

What can you do if you are worried that someone is considering suicide?

Speaking up is one of the best things you can do if someone is considering suicide. This is not easy, but you can tell the person you care about them and you have to ask – “are you considering suicide?” Talk to them about what you have seen and why it is concerning to you. While you can’t solve someone else’s problems, you can reiterate that they are important and there are resources available to them. If needed, you can also contact the National Suicide Prevention Hotline, Colorado Crisis Services, or call 911.

In our industry, we focus much of our time on our physical health and safety, but our mental health is just as important. Remember, if you are struggling – you do matter and there is help available if you need it.



Upcoming Mental Health Month Events

Maple Syrup for Mental Health

We are excited to be traveling around to many MTech jobsites and offices throughout the month for a special pancake breakfast and a chance to fill out MTech's Mental Health Color Board. We look forward to chatting with you soon!

Wednesday, May 25 at 2 PM - Cigna Emotional Well-Being Webinar

More Events Will Be Added! Check your email for details!!

MTech Mental Health Awareness Color Board

During the month of May, we will have a physical color board in the Westminster office main breakroom. This board will also travel to jobsites and our other offices with "Maple Syrup for Mental Health" throughout the month. There is also a virtual option for you to share your colors anonymously at the QR Code!



When you're struggling with a mental health situation, it can feel like no one understands you or what you're going through. Each color on our board represents a specific connection to the cause, and helps all of us at MTech see we're not alone.

What's Your Color?

#StompOutTheStigma #LifeAtMTech

Losing someone to suicide or struggling with a mental illness can feel like no one understands what you're going through.
Each color shows our personal connection to the cause & helps us see we're not alone. Place your sticker inside the logo!

I or someone I care about:

Wants to support my MTech peers when it comes to mental health	Has used MTech's EAP to help with a mental health situation	Has been so energetic / sought out professional help for mental health	Has struggled with depression, anxiety, or another mental health condition	Has supported me / the mental health with medication	Has considered, attempted or died by suicide	Has struggled with substance abuse

MTech offers many resources for your mental health support. Visit www.mtechg.com/mentalhealth to learn more!