



## MENTAL HEALTH & SUICIDE PREVENTION TOOLKIT

- 1. Key Contacts:** Load 2 important numbers into your Smart Phone and Outlook email directory. Share broadly with leaders and supervisors, family and friends. The more you share the easier the conversations become!
  - National Suicide Prevention Lifeline – 800/273-8255
  - Crisis Text Line – type Connect to 741-741
- 2. Educate Leaders and Managers on Mental Health and Suicide Prevention and Addiction Recovery:**
  - **American Foundation for Suicide Prevention** – state-specific suicide statistics: <https://afsp.org/about-suicide/suicide-statistics/>
  - **Construction Industry Alliance for Suicide Prevention (CIASP):** >70 organizations have aligned with the Construction Financial Management Association (CFMA) to tackle suicide prevention. [www.preventconstructionsuicide.com](http://www.preventconstructionsuicide.com) -- articles, links, and tools/resources:
    - 10 Questions Leaders Must Ask
    - 10 Steps Companies Can Take To Save Lives
    - Needs Assessment & Integration Checklist
  - **National Alliance on Mental Illness** – Library of fact sheets and infographics: <https://www.nami.org/Learn-More/Fact-Sheet-Library>
  - **Suicide Prevention Resource Center** -- <http://www.sprc.org/>
- 3. Employee Assistance Program (EAP)** -- Check what services are available with your company's EAP. If no behavioral care or crisis support services are available, contact R3 Continuum to discuss services for telephonic or in-person counseling support (866/927-0184 or <https://r3continuum.com/>)
- 4. Communicate with Local Unions to determine if there is a Member Assistance Program available to union members as part of the health and welfare benefit program.** Inquire if union members have access to behavioral health and crisis services. If not, consider including union employees in your company's Employee Assistance Program.
- 5. Perform outreach in your Local Community to learn about Local Mental Health and Suicide Prevention Resources.** Identify local providers who provide outreach, resources, and training, including:
  - **American Foundation for Suicide Prevention** -- <https://afsp.org/our-work/chapters/>
  - **County Health Departments**

6. **Incorporate Mental Health and Suicide Prevention in the company's Wellness Program.**
7. **Company Newsletter** -- Add Mental Health organizations and Suicide Prevention crisis text lines logos and emergency contact numbers in your company newsletter.
8. **Suicide Prevention Posters – downloadable via [www.preventconstructionsuicide.com](http://www.preventconstructionsuicide.com)** in 2 different sizes:
  - English – 4 versions
  - Spanish – 4 versions
  - New one being created for October 2018 Women Build Nations Conference

Other posters available are:

  - #Be the One
  - Crisis Text Line poster (in your handout packet)
9. **Wallet cards** – 2 separate versions for National Suicide Prevention Lifeline (NSPL) and Crisis Text Line – artwork set-up is available for your printing: Precision Press in Issaquah, WA. Contact Jim Bowers) 425-883-4181 [www.precisionpress.com](http://www.precisionpress.com).
  - 2,000 Crisis Text Line cards for approx. \$180
  - 1,000 National Suicide Prevention Lifeline cards (trifold) for approx. \$260
10. **Sample Toolbox Talks** – 3 Samples loaded in Safety Meeting App. Included in your handout packet available from [Cal.beyer@lakesideindustries.com](mailto:Cal.beyer@lakesideindustries.com))
11. **"Are You Ok?"** – Sample Situational Safety Conversation Starter. Included in your handout packet available from [Cal.beyer@lakesideindustries.com](mailto:Cal.beyer@lakesideindustries.com))
12. **Hardhat Stickers** -- [www.stickermule.com](http://www.stickermule.com) website (pricing is best for large/bulk orders)
13. **New Hire Orientation Checklist** -- Incorporate Mental Health and Suicide Prevention into your process/checklist. Discuss your company's Employee Assistance Program and distribute wallet cards to all new hires.
14. **Download National Safety Council Prescription Drug Employer Kit:**  
<http://safety.nsc.org/rxemployerkit> -- includes the guidebook *The Proactive Role Employers Can Take: Opioids in the Workplace* and other resources, including posters.
15. **Safer Homes Suicide Aware** – Download resource materials from Safer Homes Coalition in Washington state to share with your employees in newsletters or separately on limiting access and safely locking-up prescription medications and firearms.  
<https://depts.washington.edu/saferwa/resources/>

16. **Online Suicide Prevention Gatekeeper Training** – online course teaching the fundamentals of Question, Persuade and Refer from the QPR Institute: <https://qprinstitute.com/individual-training>
17. **Critical Incident Debriefing Support – Pre-planning is a key to being prepared.**
- Your company’s Employee Assistance program may have access to trained clinicians to lead sessions.
  - Some union locals have established relationships for facilitating critical incident debriefing sessions
  - Connect with R3 Continuum (866/927-0184 or <https://r3continuum.com/>) to discuss service options. This is a national provider formerly known as Crisis Care Network with a network of credentialed, licensed and trained clinicians available to be dispatched within 2 hours in most locations of the country.
18. **Postvention Support in the Event of a Suicide Loss**
- **American Foundation for Suicide Prevention** -- Resources for Loss Survivors: <https://afsp.org/find-support/ive-lost-someone/resources-loss-survivors/>
  - **National Action Alliance for Suicide Prevention** – A manager’s Guide to Suicide Postvention: <http://actionallianceforsuicideprevention.org/sites/actionallianceforsuicideprevention.org/files/Managers-Guidebook-To-Suicide-Postvention-Web.pdf>
19. **High Visibility Safety Vests with CIASP logo** -- Ordering Construction Industry Alliance for Suicide Prevention Vests – art work set-up is available for your printing with R&R Industries (Gayle Forse) 800-234-5611 ext. 283 – ([www.rrind.com](http://www.rrind.com))

For people with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY call 711).

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