



AGCMO
MISSOURI CHAPTER
THE CONSTRUCTION ASSOCIATION

Mental Health vs Mental Illness

- **Mental Health** - emotional, psychological, and social wellbeing. Changes over time and is impacted by many factors: genetics, life events, or poor physical health.
- **Mental Illness** - conditions that affect a person's thinking, mood, or behavior. Can be occasional or long lasting.
- **Prevention** of mental illness involves creating living conditions and environments that support mental health and healthy lifestyles.



Scan for
mental health
resources and
survey access

800-273-TALK
Text "HOPE" to 741741
suicidepreventionlifeline.org



Recognize It
Look out for
common signs
someone is
struggling



Talk About It
Connect with
someone you
trust to share your
concerns



Support Others
Let them know you
there to listen and
find help if needed



Get Help
Reach out to your
doctor for support
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Reducing Stigma

- **Stigma** is negative attitudes and beliefs about a person due to a specific characteristic, such as mental illness.
- **Mental health stigma** can cause someone's condition to worsen due to avoidance, exclusion, and discrimination.
- **Mental illness is common** – more than 50% of Americans will be diagnosed with a mental illness at some point in their lives



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Recognize It
Look out for
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effects of stigma



Talk About It
Bring conversations
about mental
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Alert a
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Stress!

- **Stress** is how your body reacts to a perceived threat, demand, or challenge.
- **Some signs of stress are:** easily agitated, difficulty relaxing, unable to focus, headaches, or upset stomach.
- **Here are some healthy ways to cope:**
 - Eliminate stressors
 - Take care of your body
 - Take a break
 - Talk to others
 - Recognize when you need help



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Find coping
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Depression vs. Anxiety

Depression is an illness that causes feelings of sadness or loss of interest

Signs of Depression:

- Fatigue
- Feeling worthless or guilty
- Change in sleeping and eating habits
- Recurring thoughts of death or suicide

Anxiety disorders involve excessive fear or anxiety that is difficult to control

Signs of Anxiety:

- Uncontrollable worry
- Upset stomach
- Increased heart rate
- Avoidance



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Self-care: More Than a Fad

- **Self-care activities** are things you do in your daily life to establish and maintain good health and improve your wellbeing.
- **Self-care is the key to resilience** - you are better able to care for others and handle stress when you are feeling your best.
- **Self-care is very personal** - consider creating an action plan to set realistic goals that will meet your needs.



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Try something
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Talk About It
Connect with
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Check in with
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Awareness of Your Own Mental Health

- **Good mental health** helps you bounce back from stresses and thrive in your daily life.
- **Simple Self-Awareness Questions:**
 - How are you feeling today, really?
 - What's taking up most of your headspace right now?
 - Are you taking care of your body – eating, drinking water, sleeping, making time for exercise?
 - What did you do today that made you feel good?



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Try It

Try to check in
with yourself 1
time per week



Talk About It

Share with a loved
one how you're
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How to Get Help

If you are experiencing prolonged sadness, excessive anxiety, or growing inability to cope with daily problems, there are places to go for support and resources:

- **Your family doctor:** they can to screen for mental health conditions, provide referrals, and prescribe medication.
- **Your employer's EAP / MAP:** may offer access to counselors or provide referrals.
- **Insurance company:** will have a list of providers covered by your plan.



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Suicide Awareness

- There are now more deaths from suicide each year than from car accidents and **construction has the 2nd highest rate of suicides** among all occupations
- Construction workers are at higher risk** due to high job stress, injuries and chronic pain, and high rates of alcohol and drug use
- It's time to make it part of the **safety conversation – talk about it!**



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Drug & Alcohol Use

- **Using alcohol or drugs as a coping mechanism** can make mental health problems worse.
- **Alcohol and drug abuse affects your:**
 - Body & mind – risk of stroke, cancer
 - Relationships – increased arguments
 - Work – risk injury, unreliable
- **Ways to reduce substance use:**
 - Practice self-care – get plenty of sleep
 - Find positive distractions – create new routines
 - Ask for help – call a sober friend or talk to your family doctor



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Opioids & Other Pain Killers

- **Construction workers** are among the hardest hit by the opioid crisis.
- **How can we protect our industry:**
 - Prevent injuries at work – use the right tools and wear proper PPE
 - Use alternative ways to treat pain – physical therapy, chiropractors, and acupuncture are effective ways to treat pain
 - Prevent someone from harming themselves or others – properly dispose of any unused medication, speak up with you see someone struggling, share resources for help



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LET'S TALK

MENTAL
HEALTH



Feeling Fatigued

How to Cope with Fatigue:

- **Remove the stressor** – ask for help if you're overwhelmed and set personal boundaries
- **Take a break** – take time to pause and recharge
- **Exercise** – help your body protect itself from stress
- **Practice relaxation techniques** – mindfulness, yoga, or deep breathing exercises
- **Get more sleep** – create a bedtime routine & stick to it
- **Contact your doctor** – if fatigue interferes with your daily activities they may be able to help.



Recognize It

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Try It

Find coping strategies that work for you and share with others



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Support Others

Everyone experiences fatigue. Help each other when things get tough



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Bullying - Beyond the Schoolyard

How to be a part of the solution, not the problem::

- **Call them out**- if you see someone behaving inappropriately, stand up for the co-worker being mistreated; let your foreman know what is going on
- **Don't participate** in any worksite hazing, aggressive or belittling behavior
- **Don't exclude** workers from events
- **Don't set unreasonable work expectations** - be realistic about what can be accomplished



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Try It
Be part of the
solution by being
aware of your own
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If needed,
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