

# Recognize the Signs to Speak Up

## WHAT ARE THEY SAYING?

- ◆ Talking about feeling trapped
- ◆ Saying they want to die
- ◆ Feeling like they are a burden to others
- ◆ Expressing hopelessness or helplessness
- ◆ Conflict or confrontations with co-workers

## WHAT ARE THEY DOING?

- ◆ Increased tardiness or absenteeism
- ◆ Decreased productivity and problem solving
- ◆ Near misses, hits or other safety incidents
- ◆ Misusing drugs or alcohol
- ◆ Acting anxious, agitated or reckless
- ◆ Withdrawing from social groups and interactions
- ◆ Extreme mood swings

## WHAT'S HAPPENING IN THEIR LIVES?

- ◆ Relationship issues
- ◆ Major life changes
- ◆ Loss of a loved one
- ◆ Financial difficulties
- ◆ Illness or injury

# STANDUP

FOR SUICIDE PREVENTION

## RESOURCES

HELP IS WITHIN REACH



INFORMATION & RESOURCES  
[preventconstructionsuicide.com](http://preventconstructionsuicide.com)



CALL 988  
FREE • CONFIDENTIAL • 24/7  
[crisistextline.org](http://crisistextline.org)

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