



# Strength. Determination. Grit.

CHARACTER TRAITS THAT GET HARD WORK DONE.

The same traits can be a  
**barrier to asking for help.**

**STANDUP**  
FOR SUICIDE PREVENTION

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**IT'S OK TO NOT BE OK. BE BRAVE – SPEAK UP  
FOR YOUR TEAM. SPEAK FOR YOURSELF.**

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



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FREE • CONFIDENTIAL • 24/7  
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