



Taking care of those who build for us!



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How to conduct a Stand-Up Event

1. Gather your workers

discuss the talking points provided

2. Collect Signatures of those present

Download the sign-in sheet from ksconstructionsafetynetwork.com

Talking points

- **Stigma:** The more we talk about it the better we feel
- **Helping Others:** Begin the conversations that will help others cope with mental health
- **Education:** Educate people about the signs and symptoms of mental health problems
- **Asking for Help:** Talking to friends, coworkers, family is the first step.

Additional Resources

Throughout the Mental Health Association's history, services have been created based on identified community needs, and alignment with our mission.



Standing together to battle Opioid Abuse and Promote Mental Health in Construction.

Addressing Mental Health

It is not always easy to talk to someone about suicide/mental health, but when someone's life is at risk, it is more important to ensure their safety than dance around the topic.

How would you start the conversation?

Ask open-ended questions that encourage open dialog. Remember that this is a sensitive subject. Things you can say: "I care about you too much to keep a secret like this. Don't expect secrecy. You need help and I am here to help you get it."

Here is a step-by-step guide to help you through the conversation.

1. ASK – Start the Conversation

- Prepare: Practice what you will say, plan for a time when you won't be rushed, and come with crisis resources on hand. It's important to be patient, understanding, and provide hope.
- **Using non-judgmental language, ask directly about suicide.** Mention what prompted you to ask, making it clear you aren't asking "out of the blue." If they answer YES to your direct question about suicide, stay calm and don't leave the person alone until further help is obtained.

2. BE THERE - Listen, Express Concern, Reassure

- Listen to your coworker and validate their feelings, let the person know you are genuinely concerned, and that you take their situation seriously.

3. KEEP THEM SAFE - Create a Safety Plan

- Create a safety plan together. Ask what will help keep them safe and make sure they do not have access to any lethal means and ask if they will refrain from using drugs or alcohol.
- Get a verbal commitment that the person will not act upon thoughts of suicide until they have met with a professional.

4. HELP THEM CONNECT - Get Help

- Provide the resources you have come prepared with.
- Give them a "warm hand-off" to someone who can help. Help them call the National
- Suicide Prevention Lifeline or connect them with a mental health professional. Stay connected If you feel the situation is critical, take the person to a nearby Emergency Room or call 911.

REMEMBER: Talking about mental health breaks down the stigma, it gives them permission to talk about it.

For more information



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