

Date: _____

Job Name: _____

Mental health affects all of us, and in an industry as demanding as construction, taking care of our minds is as important as protecting our bodies.

Construction is one of the toughest industries out there. The long hours, physically demanding tasks, and sometimes unpredictable workloads can take a toll on anyone's mental health. Unfortunately, construction workers face higher rates of stress, anxiety, depression, and even suicide compared to other industries. Often, we think we have to handle everything on our own, but that attitude can leave us feeling isolated. Remember, your mental health isn't a weakness—it's part of being human.

Impact of Mental Health on Safety

When we're stressed, distracted, or exhausted, it affects more than just our mood. It can decrease our focus, making accidents more likely. A moment of inattention or poor decision-making can lead to injuries or harm the team. By prioritizing mental health, we not only protect ourselves but also keep others safe.

Strategies for Promoting Mental Well-Being

Here are some ways to take care of your mental health and support each other on the job:

Manage Stress. Take short breaks during the day to reset. A quick walk or a few deep breaths can help you refocus. After hours, spend time doing things that relax and recharge you, whether it's a hobby, family time, or just relaxing at home.

Encourage Open Communication. If you're struggling, talk to someone you trust. Sharing can help lighten the burden. If you notice a coworker seems "off," check in with them. Sometimes, a "How are you feeling?" can truly make a difference.

Create a Supportive Environment. Look out for one another—this is a team effort. Encourage positivity and mutual respect to make the workplace feel safe and supportive.

Focus on Healthy Habits. A good night's sleep, balanced meals, and regular exercise go a long way in supporting good mental health. Small changes can add up over time.

Resources for Help

National Suicide Prevention Lifeline (U.S.)

Call 988 or 1-800-273-TALK (8255) for 24/7 free and confidential support.

Crisis Text Line

Text HELLO to 741741 to speak with trained crisis counselors.

Mental health matters just as much as physical safety. Together, we can create a workplace where it's okay to speak up, ask for help, and support each other. Remember, you're not alone, and no one has to struggle in silence.

Supervisor Signature: _____

WEEKLY SAFETY MEETING

Vol.25 | No.43 | Week of 10-27-25

MEETING ATTENDEES

Date:

Job Name:

Print:

Signature: