



The Problem:

The construction industry has one of the highest rates of suicide



The Solution:

You. Sign up for the VitalCog in Construction training and learn early warning signs and how to talk to someone about suicide



Goals:

- To promote critical thinking about suicide prevention
- To open dialogue about mental health
- To promote help-seeking and help-giving behaviors

Training Outline: This 60 minute training includes videos, group discussions/exercises, and roleplays to create a better understanding of your role in suicide prevention:

Design: Learn the importance of talking about suicide in the construction industry

Bid: Identify risk factors and warning signs

Build: Practice conversations around suicide

After the training, participants feel:

- Knowledgeable about suicide prevention
- Confident talking about suicide and getting help
- Likely to apply what they learned

ABC Greater Michigan is offering Suicide Prevention training to ABC members. We encourage all to take advantage of this training as mental health is just as important as safety training.

Classes must have at least five participants, but no more than 30. The training can be facilitated at your office or the ABC boardroom. All participants must attend in person.



Helen and Arthur E. Johnson
Depression Center

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS