



Over
49,000
people died by
suicide in 2022



1 death every
11 minutes

Many adults think about
suicide or attempt suicide

13.2 million
Seriously thought about suicide

3.8 million
Made a plan for suicide

1.6 million
Attempted suicide

Over 49,000 people died by suicide in 2022. That is one death every 11 minutes.

* data from <https://www.cdc.gov/suicide/facts/data.html>

Life can be incredibly stressful, with pressures building to what feels like an unmanageable place. With many not having access to potentially life saving healthcare, or not feeling comfortable utilizing the services, we are losing people to suicide at alarming rates. According to the Center for Disease Control, suicide rates have increase 36% from 2000-2022, with suicide being the second leading cause of death for people ages 10-14 and 25-34.

While suicide affects individuals of all races, identities and ages, the construction industry has one of the highest suicide rates among all professions, with the rate among male construction workers dying by suicide being 75% more than men in the general population. An estimated 6,000 construction workers by suicide in 2022, while data shows that approximately 1,000 died from a construction work-related injury. When our brothers and sisters are at more risk of death by their own hand than they are by job related injuries, it begs the question, what can we do to change this?

September is Suicide Awareness Month – a time to bring insight and awareness to an otherwise taboo discussion about mental health. Avoiding discussing that which makes us uncomfortable furthers the notion that we “shouldn’t” talk about. Being open to talking about suicide will often lead to those who need help receiving just that. Suicide is preventable and support is widely available. If you, or someone you know is in need of help, please call 911 or 988 to reach the Suicide and Crisis Lifeline. You can also reach out to one of your Local 28 MAP counselors Molly Sage, LMHC or Santiago Idlet.

According to the National Institute of Mental Health, the following are warning signs that someone may be at immediate risk for attempting suicide include:

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty or hopeless or having no reason to live
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable emotional or physical pain
- Talking about being a burden to others
- Withdrawing from family and friends
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, such as making a will
- Taking great risks that could lead to death, such as driving extremely fast
- Talking or thinking about death often

Other serious warning signs that someone may be at risk for attempting suicide include:

- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy
- Making a plan or looking for ways to kill themselves, such as searching for lethal methods online, stockpiling pills, or buying a gun
- Talking about feeling great guilt or shame
- Using alcohol or drugs more often
- Acting anxious or agitated
- Changing eating or sleeping habits
- Showing rage or talking about seeking revenge

Suicide is not a normal response to stress. **Suicidal thoughts or actions are a sign of extreme distress and should not be ignored.** If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

<https://www.nimh.nih.gov/health/topics/suicide-prevention>