

## Why are we here today talking about mental health and substance misuse?

Because whether it is us, our families, friends or co-workers, behavioral health problems are common.

**70%** of adults experience symptoms of anxiety. <sup>1</sup>

**17.3%** of adults experience symptoms of depression. <sup>2</sup>

Construction can be a great job. There's satisfaction working as a team to build places that people appreciate and use. We take pride in what we do, but there is also a lot of stress in our job.

We are talking about mental health today because the CDC lists construction as one of the jobs with the highest rate of death by suicide and substance abuse.

## At NAHB, we recognize that taking care of your behavioral health is a part of overall safety.

**3rd** leading cause of fatality is death by suicide. <sup>3</sup>

**4th** leading cause of fatality is unintentional overdose. <sup>4</sup>

**Industry Insights:** MindWise recently conducted a study to better understand mental health, substance misuse, and suicide in the construction industry. **A major finding was that even if individuals want to talk about mental health, they often don't know how.** A national study found that 60% of employees who experience mental health issues have never spoken about it to anyone at work.

Our study shows that employees want to be able to communicate more openly about behavioral health in an accepting culture, receive training, and get clear information about where to go for support.

## What gets in the way of reaching out for help?

### A Culture of Toughness

We can have a culture of self-reliance and feel valued for our toughness, both physically and mentally.

### Stigma

Industry stigma makes it hard to put your hand up and say, "I've got a problem".

### Negative Coping Strategies

Turning to alcohol or drugs, can lead to a false sense that workers are 'dealing with it ok'.

## Why Construction is especially stressful:

Competitive, high pressure, & high-risk environments.

Lack of community when traveling for work.

Seasonal unemployment.

Long hours and long commutes lead to physical & mental exhaustion.

Chronic physical pain.

**15%**

of construction workers live with a substance use disorder. <sup>5</sup>

**1/2**

of all construction workers will experience a diagnosable mental health problem. <sup>6</sup>

### Opioid Addiction

construction has one of the highest rates of opioid overdose deaths. <sup>7</sup>

# What is Behavioral Health?

Behavioral Health includes **mental health** and **substance misuse** and can range from strong well-being to significant emotional and behavioral struggles.

## Mental Health

> Refers to emotional, psychological and cognitive functioning.

The most common mental health problems are **anxiety** and **depression**, although mood disorders like bipolar and eating disorders are also mental health issues.

**Post-Traumatic Stress Disorder (PTSD)** is a specific type of anxiety that happens after people experience a traumatic event, such as:

- physical or sexual assault
- witnessing violence
- experiencing suicide
- a natural disaster

## Substance Misuse

> Refers to using alcohol and/or drugs in a way that is excessive and interferes with relationships or the ability to get work done.

People can have alcohol or drug problems whether they misuse on a regular basis or binge use a few times a year in a way that is dangerous or harmful to themselves or others.

For example, driving while intoxicated, aggressive actions toward others, putting a child, family member or friend's life at risk, are all examples of dangerous behaviors.

## What does depression, anxiety, and trauma look like?

We all fall somewhere on the behavioral health continuum, and how we are doing mentally and emotionally changes, so it's important for us to **know the signs**:

### Depression

- Irritated mood
- Loss of interest in activities
- Sleeping too much or too little
- Loss of appetite
- Fatigue or loss of energy
- Physical problems or pain
- Feeling worthless
- Feeling guilty for no reason
- Poor concentration
- Thinking of suicide

### Anxiety

- Feeling nervous, tense or restless
- Worrying much of the time
- Sense of impending danger
- Chronic or severe fatigue
- Trouble concentrating
- Trouble sleeping
- Increased heart rate
- Hyperventilating
- Trembling, sweating
- Headaches, GI trouble

### Trauma

- Shock, denial, or disbelief
- Confusion, difficulty concentrating
- Anger, irritability, mood swings
- Anxiety and fear
- Guilt, shame, self-blame
- Withdrawing from others
- Feeling sad or hopeless
- Feeling disconnected/numb

# What Needs to Change?

**How we think about behavioral health has to change.** What often gets in the way of understanding and help-seeking is stigma.

Stigma means we have a negative association with a certain idea; many people feel they will be judged or treated differently if they talk about their mental health struggles.

**The first step in reducing stigma and providing support is to start the conversation** about what mental health and substance misuse look like, how to talk about it and what can help. Remember that mental health is a part of overall health.

**Myths and stereotypes also get in the way of help seeking.** Myths are often untrue and can even be damaging, for example the idea that: Asking someone if they are suicidal will put the thought in their head.

**WHEN IN FACT**, if a person is not suicidal, asking about it does not make them feel that way.

**CULTURE ultimately reduces stigma and empowers our industry** to use company or union benefits without fear. The good news is more and more companies are talking about mental health and providing benefits to the workforce.

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## Essential Tips for a Helpful Response: The ACT Method

Knowing what to say to someone who might be struggling with depression or anxiety isn't easy. While you may feel awkward and unsure at first, know that whatever you say doesn't have to be perfect or profound.

The important thing is to express your care and concern in a genuine and nonjudgmental way.

### The ACT Method

**Acknowledge** that you've noticed a change in demeanor or mood.

**Care** by reminding them that you are there for them.

**Talk** about information and resources. Ask how you can help.

## Additional Tips to Discuss Mental Health

Don't be discouraged by the fear of saying something wrong. When people are struggling, they often feel isolated; but knowing someone cares – especially at work – helps us all feel less alone.

- The best way to start a conversation is to use your own words and be direct. If you are not sure where to start, use the ACT approach (above) as a guide.
- Letting your coworker know you're there to talk, whenever they are ready, can be meaningful and supportive to someone.
- Pay attention to your verbal and nonverbal behaviors and continue to listen before speaking throughout the conversation.