Mental Health Awareness

Understanding Symptoms and Support

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Life Events that Impact Mental Health

- Life Changes
  - Moving, job, retiring, divorce, death, having a baby
- Financial Difficulties
- Job Stressors
- Interpersonal Stressors
- Holidays
- COVID-19

Major Depressive Disorder

- Prevalence rate among U.S. adults is 8.8%
  - 6% among Construction workers in 2020
- Impacts how you feel, think, and handle daily activities
- Forms of Depression
- Risk Factors
  - Genetics, major life changes, trauma, or stressors, certain physical illnesses and medications
- Signs and Symptoms of Major Depressive Disorder
  - Sad, hopelessness, worthlessness, irritable, loss of interest, decreased energy, difficulty concentrating, changes in appetite and sleep, thoughts of death or suicide

Generalized Anxiety Disorder

- Prevalence rate among U.S. adults is 19.1%
  - 14.3% among Construction workers in 2020
- Anxiety that does not go away and interferes with daily activities
- Forms of Anxiety
- Risk Factors
  - Feeling distressed or nervous in new situations in childhood, exposure to stressful and negative life or environmental events, genetics
- Signs and Symptoms of Generalized Anxiety Disorder
  - Restlessness, on-edge, easily fatigued, irritable, difficulty concentrating, difficulty falling or staying asleep, unexplained somatic pains, difficulty controlling worry

Post-Traumatic Stress Disorder

- Prevalence rate among U.S. adults is 3.6%
- Develops in some people who have experienced or witnessed a shocking, scary, or dangerous event
- Risk Factors
  - Can develop at any age, exposure to a trauma, history of a mental illness or substance abuse, increased stress after traumatic experience, genetics
- Signs and Symptoms of Post-Traumatic Stress Disorder
  - Experiencing or witnessing a traumatic event, re-experiencing, avoidance, arousal or reactivity, cognition and mood changes

Substance Use Disorders

- 46.5 million people over the age of 12 in the U.S. experienced a substance use disorder in 2022
  - 15% among Construction workers
- Affects brain and behavior, leads to inability to control substance usage
- Risk Factors
  - Genetics, environmental factors, mental health disorder

Statistics of Suicide

- 13+ Million had thoughts of suicide
  - 3.8 Million for young adults
- 90% of people who die by suicide experienced symptoms of a mental health condition
- 79% of all people who die by suicide are male
- Construction industry has the 2nd highest suicide rate among major industries within the U.S.
- 6,000 Construction workers died by suicide in 2022
- Suicide is the 2nd leading cause of death for people 10-34 years old
  - 11th leading cause of death in the U.S.

Warning Signs of Suicide

- Talking about wanting to die
- Feeling empty, hopeless, worthless, like a burden to others
- Withdrawing from family and friends
- Giving away important possessions
- Taking risks
- Changes in behavior
- Saying goodbye

Treatment

- Therapy
  - EAP, Inpatient, Outpatient, Intensive Outpatient
  - Telehealth
- Medication

Activities you can do to help

- Realistic goals for self
- Spend time with others
- Volunteer
- Exercise
- Mindfulness
- Meditation
- Limit social media use

How to Support Others

- Ask
- Be There
- Connect

Resources Available

- In an Emergency call 911
- National Suicide Prevention Lifeline
  - Call 988
    - Veterans press 1 after calling and text 838255
  - Text 741741
    - Veterans text 838255
- Disaster Distress Helpline
  - Call or text 1-800-985-5990
- Warmlines
  - http://www.warmline.org/#directory

References

- https://www.mayoclinic.org/
- https://positivepsychology.com/
- https://www.mckinsey.com/mhi/
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