

Suicide Prevention Campaign Tool Box Talk Guide

Facilitator Tasks before the Tool Box Talk (TBT)

1. Read through the TBT informational sheet and the facilitator guide below.
2. Think of your own discussion questions to add.
3. Before starting each TBT, set the expectations with the group out loud.
 - a. Brief the topic: This week will be focused on suicide. Ask that everyone is respectful since this can be a very personal and sensitive topic for a lot of people. There will be opportunities to share, but it's not required.
 - b. Remind the group of how to get help if they want to talk to someone (trusted supervisor, MAP/EAP, or the National Hotline 800-273-8255).
 - c. Point out each take away sheet has a QR code that links to the full TBT if they want to follow along or reference at a later time. [To use a QR code, open the camera on your phone and hover over the image, it will pop up a link for you to click on and take you to the website with the TBT's].

Example Conversation Starters

Day 1: The State of our Industry

- Suicide rates are increasing.
 - *What do you think are some reasons for this?*
- Suicide rates are specifically high in the construction industry.
 - *Is that surprising to you?*
 - *What can we do about it in our workforce?*

Day 2: Reduce the Stigma

- There is a lot of stigma associated with suicide.
 - *What are some ways we can combat the stigma?*
- There are many factors that contribute to suicide.
 - *What other factors in construction that we haven't listed that put us at unique risk?*
- Mental health impacts all parts of our lives.
 - *How can we make mental health a part of the safety conversation?*

Day 3: Recognizing the Warning Signs

- People often show they are struggling in subtle ways.
 - *What are some examples of something you might hear from a coworker that could be a warning sign?*
- Depending on the warning sign, there are different ways to approach someone who needs help.
 - *What are the ways we can step in and help a coworker who is showing warning signs?*

Day 4: Starting the Conversation

- It can be uncomfortable to discuss the topic of suicide.
 - *What are some ways you could make it more comfortable?*
- There are 4 key points to help you through the conversation: Ask, Be There, Keep them Safe, & Help them Connect.
 - *What are examples of how you can do this?*

Day 5: Recap

- We have talked about a lot over the past week.
 - *What stuck with you the most from the other TBTs?*
- Suicide is an important topic in our industry.
 - *How can we keep this conversation going after this week?*