

Construction Mental Health and Suicide Prevention Resources

Construction Specific and Workplace Mental Health & Suicide Prevention Resources

Construction Working Minds (clearinghouse):
www.ConstructionWorkingMinds.org

Construction Industry Alliance for Suicide Prevention:
preventconstructionsuicide.com

Workplace Mental Fitness Quiz and Training Guide:
<https://www.sallyspencerthomas.com/guides-tools-and-other-beastly-resources/>

Resilience at Work: <https://www.worksmartpartners.com/resilience-at-work/>

A Manager's Guide to Suicide Postvention: Responding to the Aftermath of a
Workplace
Suicide <http://actionallianceforsuicideprevention.org/sites/actionallianceforsuicideprevention.org/files/Managers-Guidebook-To-Suicide-Postvention-Web.pdf>

Working Minds Training
<https://www.coloradodepressioncenter.org/workingminds/>

General Mental Health &



Suicide Prevention Resources

Crisis Resources

National Suicide Prevention Lifeline: 1-800-273-8255 (TALK):

<http://suicidepreventionlifeline.org/>

CrisisText: Text HELLO to 741741 <http://www.crisistextline.org/>

American Foundation for Suicide Prevention (take action, find support):

<https://afsp.org/>

Coping Resources

- Emotional regulation skills website: www.NowMattersNow.org
- Virtual Hope Box app: <http://t2health.dcoe.mil/apps/virtual-hope-box>
- Man Therapy (using humor to engage men in mental health)
 - website: www.ManTherapy.org
 - videos: <https://www.youtube.com/user/DrMahogany>
- Mental Health and Substance Use Screening:
<https://www.helpyourselfhelpothers.org/>
- How to have conversations about reducing access to lethal means (like firearms and medications in the home):
<https://www.sprc.org/resources-programs/calm-counseling-access-lethal-means>

For People who Need Support

Support for people bereaved by suicide or people living with suicidal thoughts:

<https://afsp.org/find-support/>

Things to consider when telling your story of lived experience with suicide (loss, attempts, thoughts) or mental health challenges:

<https://suicidepreventionmessaging.org/>

WEBINAR: Safe and Effective Storytelling <https://youtu.be/o-OIOANmFk>

United Suicide Survivors International:

- Website: <http://www.unitesurvivors.org/>
- Facebook: <https://www.facebook.com/UniteSurvivors/>

General Suicide Prevention and Mental Health Training

- safeTALK (Living Works)
<https://www.livingworks.net/programs/safetalk/>
- ASIST (life-saving intervention):
<https://www.livingworks.net/programs/asist/>
- QPR (Question, Persuade, Refer): <http://qprinstitute.com/>
- Mental Health First Aid: <https://www.mentalhealthfirstaid.org/>

Language

Words Make Worlds articles -- on the power of language

- Part I: <http://sallyspencerthomas.blogspot.com/2016/04/republished-with-permission-from.html>
- Part II: <http://sallyspencerthomas.blogspot.com/2016/05/words-make-worlds-language-and-culture.html>
- Part III: <http://thecarsonjspencerfoundation.blogspot.com/2016/09/words-make-worlds-language-and-culture.html>

Books to Understand the Suicidal Mind

Thomas Joiner's "Why People Die by Suicide" book:

https://www.amazon.com/Why-People-Suicide-Thomas-Joiner/dp/0674025490/ref=sr_1_1?ie=UTF8&qid=1495313316&sr=8-1&keywords=Why+people+die+by+suicide

Kay Redfield Jamison's "Unquiet Minds" book (on living with bipolar

condition): https://www.amazon.com/Unquiet-Mind-Kay-Redfield-Jamison/dp/B008YF4T00/ref=sr_1_2?ie=UTF8&qid=1495313358&sr=8-2&keywords=unquiet+mind

Connect with Dr. Sally

Sally's website: www.SallySpencerThomas.com

My TEDx Talk "Stopping Suicide with Story": <https://youtu.be/BE428HoKoLk>

Connect with Sally to get newsletter of all upcoming podcasts, blogs, and twitter chats: <https://www.sallyspencerthomas.com/contact/>

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Book Sally for upcoming speaking or training event
<https://www.sallyspencerthomas.com/connect/>

