

# You're Not Alone

*A mental health & suicide prevention blog for the construction industry*



## **Suicide is Preventable**

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Suicides are having a major impact on our society and our industry. Here are a few facts to consider:

- In 2016 there were 44,965 suicide deaths in the United States. That is nearly the combined total of homicide and traffic accident deaths in that same year.
- Males are 78 percent of the total suicide deaths, and it is the second leading cause of death among males 25 to 54. This age group is a major portion of our workforce.
- As I've stated before, the construction industry has more suicides than any other industry.

In order to address the issue of suicide, we need to dispel two common myths. The first myth is that a person talking about ending their life isn't serious, or they are just trying to get attention. If someone is talking in that manner, they are thinking of ending their life, and they should be taken very seriously.

The second myth is that once a person has decided to end their life, nothing can be done. If at this point, action by anyone can prevent a suicide and save a life. There are three elements to a suicide: ideation, plan and action.

1. **Ideation** is having the idea.
2. **Plan** is developing a plan.
3. **Action** is implementing the plan.

The action step can often be triggered quickly (minutes, hours or a few days). However, any individual who is aware of the warning signs of a suicide can intercede before the action step occurs.

Remember suicides are preventable!

In next month's blog I will discuss common clues and warning signs of a possible suicide.

**About the Author - Bob Swanson**



Bob Swanson is the past president of Swanson & Youngdale and the first Chairman of FCA International. He tragically lost his son Michael to suicide on March 13, 2009 at the age of 33. Bob now focuses his efforts on creating awareness of the impact of mental health and suicide in the construction industry.

**[Learn More - Podcast](#)**

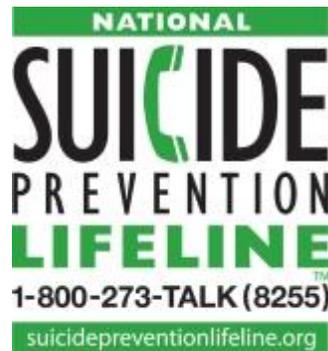
Bob Swanson sat down with FCA CEO Anthony Darkangelo to discuss mental health awareness & suicide prevention in the construction industry. Listen to the podcast for a management approach to looking after your employees' mental health, how suicide is preventable, what to do when you suspect someone is having suicidal thoughts and what resources are available.

[www.finishingcontractors.org/preventsuicide](http://www.finishingcontractors.org/preventsuicide)

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