

# COGNITIVE RESILIENCE TRAINING

Enhance mental health knowledge and skills for you and your employees



## Who is this training for?

Employee safety should be a year-round priority—and safety includes mental health. Anxiety, depression, and suicide ideation threaten the safety of all construction workers. We provide training for:

- ✔ Project managers
- ✔ Operators
- ✔ Safety managers
- ✔ General laborers
- ✔ Engineers
- ✔ ...and more!



## Can you fit it within

your already busy schedule? Of course!

We can't afford to *not* make time for mental health stabilization. Thankfully, we've created accessible, useful tools and education you can learn in just one day.

**Of construction workers 83%**  
experienced a mental health issue in 2020



## WHY ARE CONSTRUCTION WORKERS MORE AT RISK THAN OTHER INDUSTRIES?

- ✔ Workers are 89% men. Men are statistically less likely to seek help for mental health.
- ✔ Men are more likely to abuse substances or commit suicide by trying to self-treat.
- ✔ Construction workers deal with high levels of stress, anxiety, and depression.



## LESSEN SUBSTANCE ABUSE

Construction workers are disproportionately prone to abuse alcohol and drugs — especially opioids, cocaine, and marijuana.



## PREVENT SUICIDE

Construction has the highest suicide rate of all industries at 53 per 100,000 workers. That's four times the national average.



## IMPROVE SAFETY

Drugs and alcohol can severely impair physical safety on the job, increasing the chances of harmful or fatal accidents.



# COGNITIVE RESILIENCE TRAINING

Education to address the increasing, widespread mental health needs in the construction industry.  
You are not alone, and you can make a vital difference in the lives of your workers.

In partnership with the  
Association of General  
Contractors



## MENTAL HEALTH 101

Gain a basic understanding of what mental health is and what it is not. Understand common mental health challenges, recognize signs and symptoms, and identify the indicators that it's time to get help.



## REDUCE THE DISRUPTIONS

Discover what causes disruptions. Practice tools and strategies to help mitigate them on the job site. Learn how to talk to employees about their mental health.



## CRISIS RESPONSE—PREVENTION, AND INTERVENTION

Prevention is an essential but often neglected part of workplace mental health strategy. Using our Top Down Bottom Up™ model, we will teach you methods to both prevent and intervene, as well as learn how to know when it's time to call in the professionals.



## TRAUMA-INFORMED PRACTICES

Find out how trauma impacts the brain and the job site. Advocate for procedures and policies in your company to spur a culture of open conversations and support-seeking, including connections to resources.



## EMPOWER YOUR WORKFORCE

Give your workers knowledge, tools to self-regulate, and the ability to identify support services when professional help is needed.

*Training is available for in-person delivery or as live, online training.*



## ACCORDING TO THE CDC

**Construction workers face chronic pain, pressure to perform, and sleep deprivation—risk factors for mental health issues.**

They regularly feel helplessness and a loss of control due to:

- Competitive, **high-pressure** work environments
- High prevalence of alcohol and **substance abuse** among workers
- End-of-season **layoffs**
- **Separation** from family
- **Stigmas** surrounding seeking mental health services; fear of reputation or seeming weak

Contact us  
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