

# Post Crisis Human Mitigation Plan



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Writing a policy is easy. Implementing it  
and facilitating lasting change is hard.

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## Step 1



# Post Crisis Human Mitigation Plan

Identify People At Risk

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## Step 2



# At Risk Suicide



## CRY FOR HELP

Talking about feeling trapped or in unbearable pain

Talking about being a burden to others

Increased use of alcohol or drugs

Acting anxious or agitated; behaving recklessly Sleeping

too little or too much

Withdrawing or feeling isolated

Showing rage or talking about seeking revenge Extreme

mood swings

# At Risk Suicide



## CPR FOR THE BRAIN

Ask the question in a caring way.

You have been going through a really hard time lately.

Are you thinking about suicide?

If Yes – what are you thinking about doing? Listen –

be there – non judgement.

You cant fix it – you can be there. I am sorry

you are going through this. You are not alone in this.

Bring in others – Clinic – hotline –

professionals, family members, other people.

Follow up – stay in touch for long term.

Schedule – knowing someone is thinking about

you makes a big difference. Research shows we save lives.

# Resources



WELCOME TO

## MAN THERAPY

Because you can't just rub some dirt on your emotions.

[www.mantherapy.org](http://www.mantherapy.org)

## Construction Industry Alliance for Suicide Prevention



## Suicide Prevention in Construction Resources

CFMA  
webinar

Uniting the Construction Industry Behind Suicide Prevention

NATIONAL  
SUICIDE  
PREVENTION  
LIFELINE  
1-800-273-TALK (8255)  
suicidepreventionlifeline.org

24/7 free & confidential emotional support to people in suicidal crisis or emotional distress

CRISIS TEXT LINE |  
Text HELLO to 741741  
Free, 24/7, Confidential

24/7 free crisis intervention — text HELLO to 741741

posters

Free flyers & posters ready to print & display

10  
questions

What construction owners & supervisors must ask to create cultures promoting mental health awareness & suicide prevention

ACTION  
steps

How to implement upstream, midstream & downstream tactics to help save lives

Take a  
MindWise  
Screening

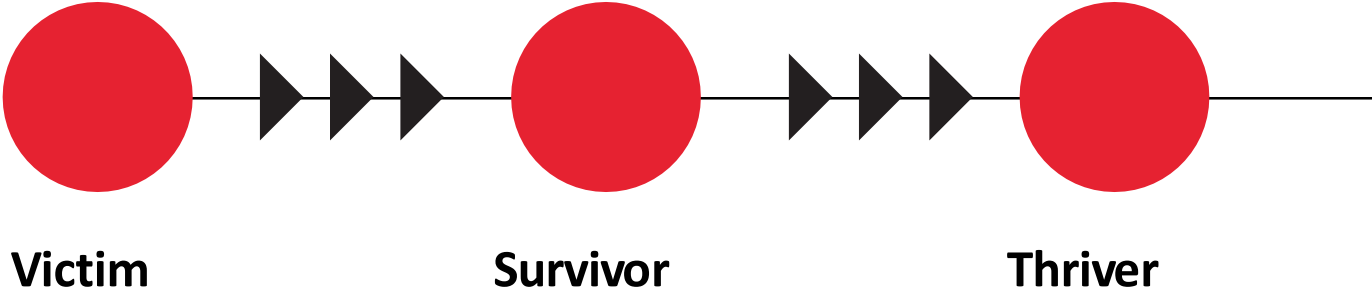
MindWise  
INNOVATIONS

Take an anonymous, confidential & free mental health screening

ANALYSIS &  
integration

Evaluate & build mental health promotion & suicide prevention into the workplace

# Focus on The Positive



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# You are not alone

Make a difference in your little corner of the world...



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