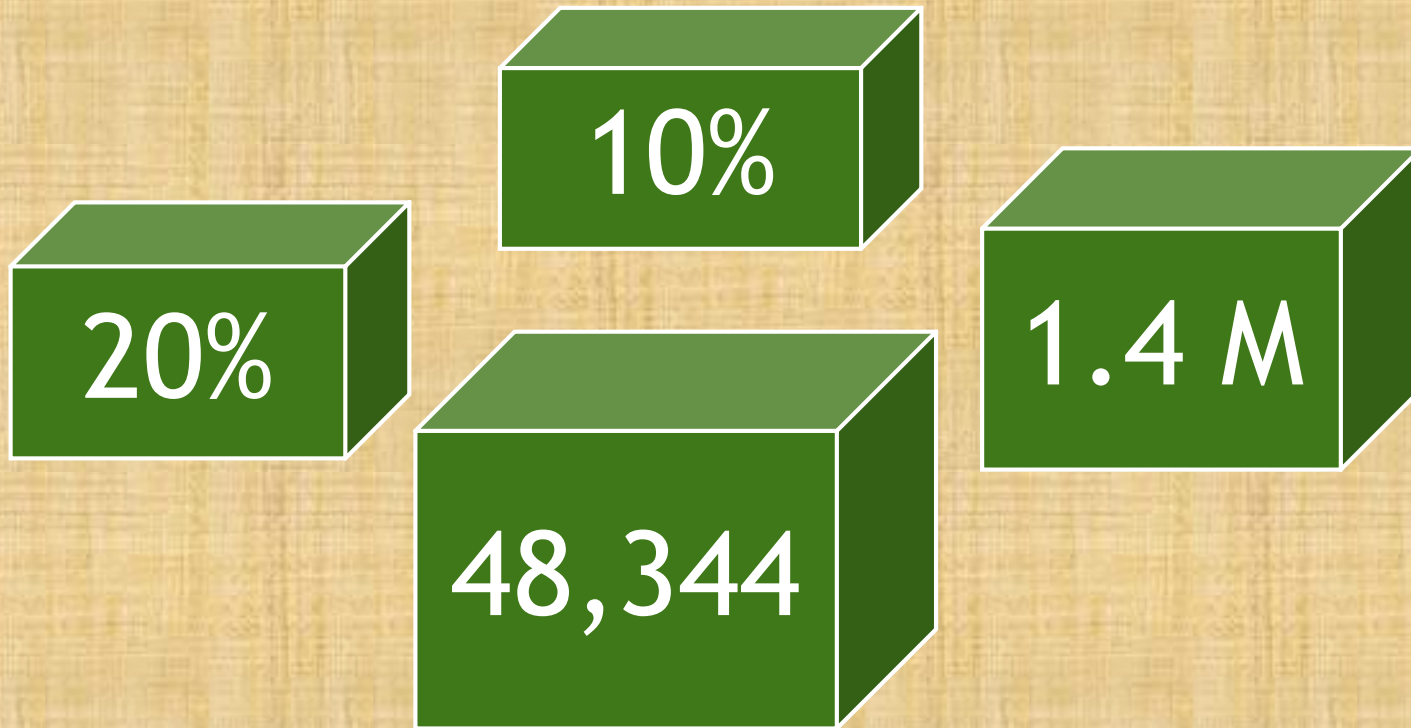


HEALTH OF THE FINISHING INDUSTRY

Presentation by: Bob Swanson

WHAT YOU DON'T SEE!



WHY THIS INDUSTRY?

Family
Separation

Sleep
Disruption

“Tough Guy”
Culture

Chronic
Pain

Financial
Stress

MENTAL HEALTH IS A SAFETY ISSUE

- ▶ Dependability
- ▶ Productivity
- ▶ Work Quality
- ▶ Relationships

IUPAT HELPING HAND

www.iupathelpinghand.com

Changing the Culture of
Construction

Every year, nearly 50,000
Americans and Canadians...



00:00



EMPLOYER ENGAGEMENT

Education
and Training

Wellness as a
Priority

Openness
and Support

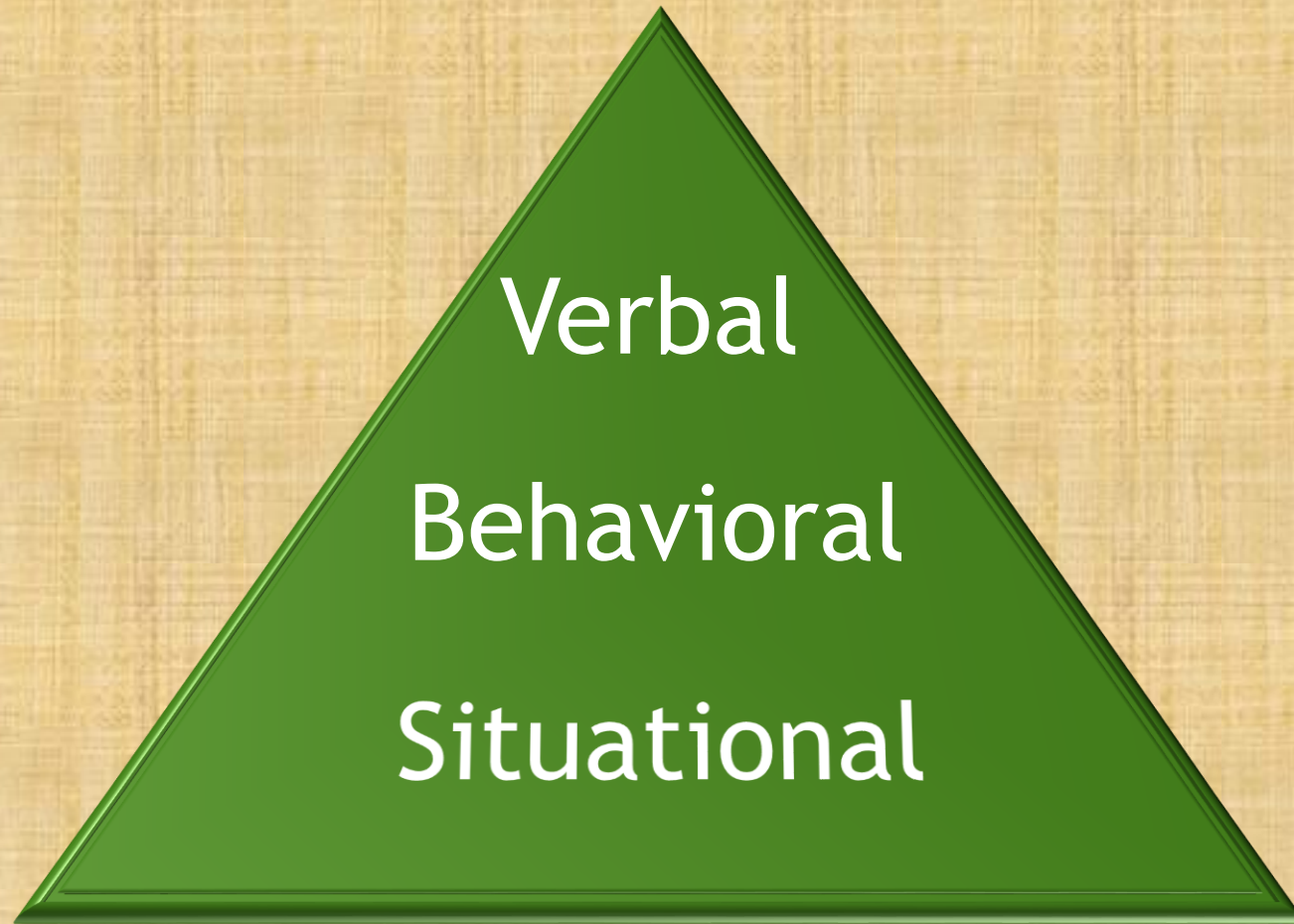
Okay to Seek
Help



OLD BOB

NEW BOB

SUICIDE WARNING SIGNS



DEALING WITH A CRISIS

- ✓ Private Conversation With Concern
- ✓ Ask Questions
- ✓ Listen Without Judgement
- ✓ Offer Hope
- ✓ Do Not Leave Alone
- ✓ Seek Other Resources

RESOURCES

- ▶ National Suicide Prevention Lifeline 800-273-TALK (8255)
- ▶ CRISIS TEXT LINE Text the word HOME to 741741
- ▶ American Foundation for Suicide Prevention (www.afsp.org)
- ▶ Suicide Prevention Resource Center (www.sprc.org)
- ▶ National Institute of Mental Health (www.nimh.gov)
- ▶ National Alliance on Mental Illness (www.nami.org)

CONTACT

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