

# You're Not Alone

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



## Suicides Are Preventable

*by Bob Swanson*

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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 total of deaths by homicide and traffic accidents in that same year.
- Suicide is the second leading cause of death among males 25 to 54, and males are 78 percent of the suicide deaths. Males in this age group are 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. 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 happen quickly. 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.

Find more of Bob's blogs at:

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