



The Problem:

The construction industry has one of the highest rates of suicide



The Solution:

You. Sign up for the VitalCog in Construction training and learn early warning signs and how to talk to someone about suicide



Goals:

- To promote critical thinking about suicide prevention
- To open dialogue about mental health
- To promote help-seeking and help-giving behaviors

Training Outline: This 60 minute training includes videos, group discussions/exercises, and roleplays to create a better understanding of your role in suicide prevention:

Design: Learn the importance of talking about suicide in the construction industry

Bid: Identify risk factors and warning signs

Build: Practice conversations around suicide

After the training, participants feel:

- Knowledgeable about suicide prevention
- Confident talking about suicide and getting help
- Likely to apply what they learned

Scan the QR code to learn more or request a course. These courses are free in North Dakota thanks to our funding source.



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