

## PortaPros Takes Bold Steps to Support Mental Health During Construction Suicide Prevention Week

**Treasure Valley, Idaho, September 2023** – The construction industry is facing a critical issue - construction workers have the highest rate of suicide, making it the leading cause of death across all professions, as reported by the Centers for Disease Control and Prevention. These statistics are not just numbers; they represent lives and families. It's time for contractors, unions, associations, industry service providers, and project owners to come together and stand up for suicide prevention.

President and Founder of PortaPros, Carl Arriola expressed the company's dedication to the cause, saying, "Suicide has taken friends and family, and it hits close to home. It is a preventable loss for families and communities, and PortaPros appreciates the opportunity to partner with the AGC to raise education and awareness concerning behavioral health issues."

PortaPros, a leading provider of portable restrooms and temporary fencing solutions, is proud to announce its active involvement in Construction Suicide Prevention Week. Beginning the week of September 4 and extending through September 7, PortaPros is taking significant steps to support mental health awareness and suicide prevention within the construction industry.

### **A Crisis We Must Address:**

With a suicide rate four times higher than the national average, the construction industry is in the midst of a crisis. There's a heightened risk of suicide among construction workers, and we firmly believe that it's a challenge we can collectively overcome by changing the culture in our workplaces.

## **988: A Lifeline for Mental Health Support:**

To address this crisis, PortaPros is actively participating in Construction Suicide Prevention Week and beyond. We're taking a simple yet effective step – working with the Idaho Associated General Contractors Association (IDAGC) in placing informational stickers in over 1500 PortaPros portable restrooms throughout the Treasure Valley area. These stickers provide valuable resources available through [Idahocrisis.org](http://Idahocrisis.org) and a dedicated suicide hotline, 988, for those who need someone to talk to.

988 offers 24/7 access to trained crisis counselors who can provide vital support to individuals experiencing mental health-related distress.

### **Empowering the Industry:**

We believe that knowledge is power. By taking these steps, we're empowering the construction industry to:

- Share bold messages about our commitment to mental health wellness and suicide prevention.
- Equip our workforce with the knowledge to identify warning signs.
- Nurture internal champions.
- Foster supportive networks.
- Dispel misconceptions.

### **Ten Practical Steps for Construction Leaders:**

PortaPros encourages construction leaders to proactively address this issue with these ten actionable steps:

1. Make a commitment within your leadership team to address this issue head-on.
2. Educate yourself and your team about mental health issues, suicide prevention, and addiction recovery.
3. Familiarize yourself with the behavioral health services available in your health plan.
4. Ensure that your employees are aware of available resources through your company's Employee Assistance Program (EAP).
5. Connect with local mental health and suicide-prevention organizations to provide training and resources.
6. Display suicide-prevention posters in areas where employees gather.

7. Conduct companywide safety stand-downs to discuss sensitivity, acceptance, and available resources.
8. Share refrigerator magnets and wallet cards with essential contact information for resources.
9. Incorporate discussions about mental health and suicide prevention into your company's new-hire orientation process.
10. Encourage supervisors to hold periodic toolbox talks on mental health, suicide prevention, and addiction recovery.

### **Together, We Can Make a Difference:**

Now is the time for the construction industry to unite for suicide prevention, making it a health and safety priority. Let's create workplaces that are safe not only in terms of physical safety but also in fostering mental well-being.

Join Us:

PortaPros invites the construction industry to join hands with us in supporting this vital initiative. Together, we can break the stigma surrounding mental health and create a construction industry that's compassionate and safe.

For media inquiries, please contact Taelor Preheim, Marketing Manager at PortaPros, at 208-467-0089 or via email at [taelor@portapros.com](mailto:taelor@portapros.com).

Learn more about PortaPros and our commitment to *doing it better by doing it different* at [www.portapros.com](http://www.portapros.com) and discover additional resources at [www.preventconstructionsuicide.com](http://www.preventconstructionsuicide.com).

