

Construction Industry Alliance for Suicide Prevention *Toolbox Talk* Safety Meeting

Mental Health Concerns Related to COVID-19 (Corona Virus)

	Date	Jobsite	Discussion Leader	
Attendance Sign- In:	Why	/ is this such a stressful e	vent?	
	nov	 It is human nature to like to have some control over our lives, and some sense of predictability. Right now, we may feel like we don't have either. It is okay to feel stress, anxiety, even worry and fear during a time of such unknowns. I'm still working, so why am I still so worried? COVID-19 is a crisis like no other most of us have ever lived through. It is true that most construction sites are still active. But with the daily changes, plus overall economic uncertainty, it's normal to have concern. Talk to your employer and ask them what they are projecting over the coming weeks and months. Equip yourself with facts, not hearsay. 		
	I'm s			
	site			
	Are	things different and chall	enging at home right now?	
	ma_ eve hav acti	y be working from home. In In needing help with online of Ire unexpectedly moved home Ivities. Try to be supportive o	g, your spouse or other family members or roommates may not be, or addition, most kids are out of school and at home as well, possibly home-based learning. You may even have college aged children that . All of this can be very disruptive to routines and normal household of everyone who is experiencing these changes and disruptions as ries and new routines to help everyone cope as best as possible.	
	What can I do to cope better/manage my stress?			
	• Ack	nowledging that you feel streuld not think badly of yourself se feelings and keep them from Take a break from the new information, and only chood Get some exercise/physica Eat properly - don't use this available in most places. Maintain a good sleep school or othe Volunteer or help someone Stay in touch with family, f	ssed, anxious or even depressed is an important first step and you or that you are weak for feeling these things. To help manage	
	You s - You - A c these - Cor - You If you pleas	should not feel ashamed of an employer's EAP ounselor/behavioral health and be available via telemunity based mental hear church may be able to go are having thoughts of see call the Suicide Prevental. They are trained and	ression are worsening, you may need to seek professional help. If this. There are many places to get help: It specialist through your group health benefits, I health applications I halth organizations. Visit NAMI.org for help finding one I wrovide help or refer you somewhere that can help I wicide, or if your feelings are becoming too much to handle, I wind the company of	