



IDEAL BODY ENVIRONMENT AND MIND



MENTAL HEALTH & SUICIDE PREVENTION SUPPORT FOR CONSTRUCTION



INTRODUCTION

Through the Mental Health Support in Construction grant program, SAVE is strengthening mental health and suicide prevention efforts across Minnesota's construction workforce by expanding its IBEAM training and national industry engagement. Building on this foundation, SAVE is implementing a comprehensive, workplace-centered approach that includes promoting job site public health campaigns, the Awareness into Action workshop delivered through a train-the-trainer model, peer support efforts, and a company certification standard to drive lasting culture change.

IS YOUR COMPANY READY?

Construction companies vary in their readiness to implement mental health and suicide prevention programming. SAVE aims to meet each company where it is and recommends interventions based on readiness. This continuum-based approach builds sustainable solutions to create safer workplaces.



Awareness and Acceptance that action is needed



All employees understand company commitment to take action



Workforce ready for mental health and suicide prevention training



Workforce ready to engage in peer support



Leadership ready for systems-level change to address risk factors

HOW THE PROGRAM WORKS

SAVE works with company safety and HR teams to review current mental health and suicide prevention efforts, identifying what's working well and where there are gaps. Based on this assessment, SAVE recommends strategies that fit your company and provides support to help put them into action.

Have Their Backs

SAVE helps companies build peer support efforts so workers have safe, trusted people they can turn to for mental health concerns or during a crisis.



Start by Talking About It

SAVE rolls out or recommends a messaging campaign to open conversations about mental health and suicide including: onboarding support, awareness materials, and strategies to engage your workforce. Companies already at this stage move on to skill-building.

Build Life-Saving Skills

SAVE's Awareness into Action workshop moves teams from awareness into practice. Designed as a next step after foundational mental health and suicide prevention training, the workshop uses a train-the-trainer model so internal staff can lead ongoing, scenario-based skill-building.

Commit to Change. Be Recognized.

SAVE assesses integration of mental health and suicide prevention efforts into broader workplace safety and wellness strategy, ensuring lasting impact and commitment.

Interested in staying connected or being involved?

