

CALL 988 TO SPEAK WITH A MENTAL HEALTH COUNSELOR IMMEDIATELY

Mental Health Awareness and Suicide Prevention

Suicide is one of the top 10 causes of death for people in the United States. It rises the ranks even further when it comes to the construction trades. Local 33 is your partner, we want to do as much as possible to be a unified support system for our brothers and sisters in the Union. We want to bring awareness to the stigmas surrounding mental health and suicide, and to help overcome those stigmas within our Local.

Many of us have been impacted, either directly or indirectly, by mental health struggles or suicide. It is important, now more than ever, to come together and support each other with the struggles we all may be facing. Much like our sculpture: Pulling Together, by artist and Local Union 33 member John Brommel, we are all stronger when we work together and rely on each other. When we are alone, some of life's challenges may feel too overwhelming, but when we band together, we can tackle even the toughest of challenges.

We designed the enclosed stickers so all of us can display them with pride and show our fellow brothers and sisters that we are here, and we can help each other make it through whatever our current challenges may be. We utilized the colors specific to Mental Health Awareness (green) and Suicide Prevention (teal and purple) while creating these stickers, so when you see someone with one of these, you will know the meaning behind them.

Enclosed in this packet are a few items our team has created to help bring awareness to the mental health crisis, to be a conversation starter, and to show support and unity to all our Local 33 members.

Mental Health Awareness month is May and Suicide Prevention month is September. **But year round, we want you all to know we are here for you, we support you, and we need you.**

In Solidarity,

The Entire Local 33 Staff

If you or someone you know is currently struggling – there are many resources available. Please call or text the newly updated number 988 to be connected with a trained counselor through the National Suicide Prevention Lifeline.