



# **CRA Virtual Lunch: Mental Health, Safety, and Total Worker Well-being in Roofing**

With Adrienne Anglin, CSP

NRCA, Director of Safety and Risk Management

# Agenda

- By the numbers
  - United States Statistics
    - Death by suicide
    - Opioid related overdose deaths
  - Construction Statistics
    - Death by suicide
    - Opioid related overdose deaths
- Considerations & Contributing Factors
- Total Worker Well Being
- Resources
  - United States
  - Colorado

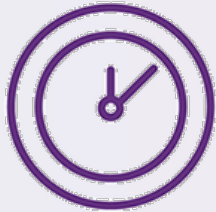
# United States- Suicide Numbers



Over

**49,000**

people died by  
suicide in 2023



**1** death every

**11** minutes

Many adults think about  
suicide or attempt suicide

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**12.8 million**

Seriously thought about suicide

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**3.7 million**

Made a plan for suicide

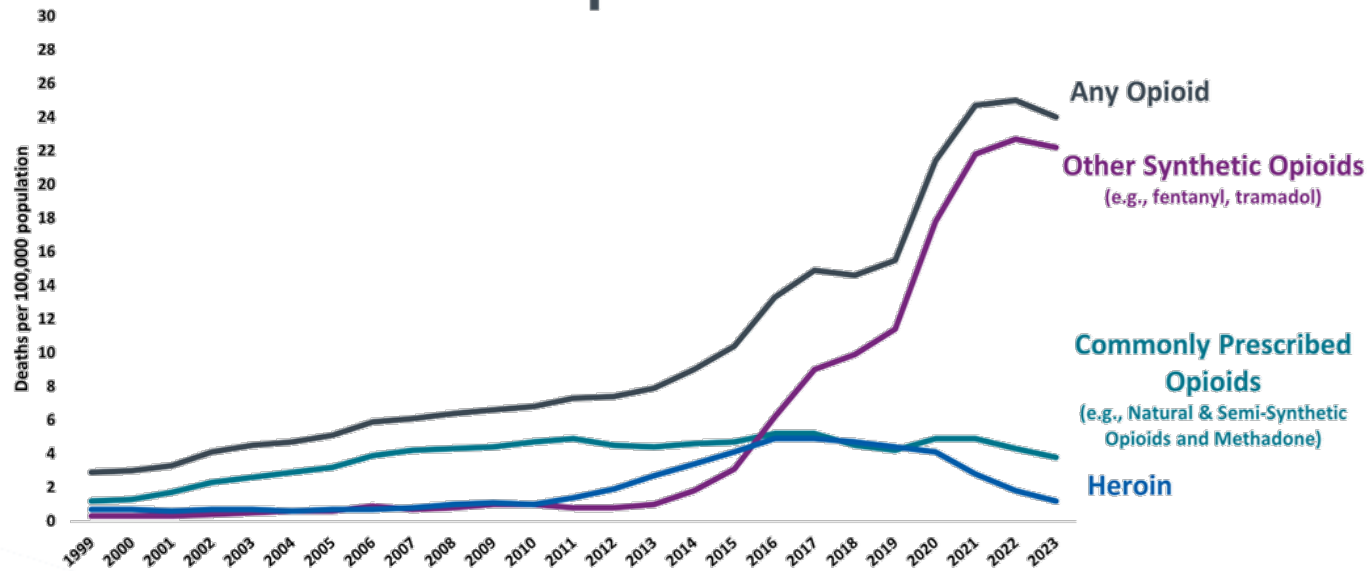
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**1.5 million**

Attempted suicide

# United States- Opioid Overdose Numbers

## Three Waves of Opioid Overdose Deaths



**217 PEOPLE**  
died each day from an **opioid overdose** in 2023.

**Wave 1: Rise in Prescription Opioid Overdose Deaths Started in the 1990s**

**Wave 2: Rise in Heroin Overdose Deaths Started in 2010**

**Wave 3: Rise in Synthetic Opioid Overdose Deaths Started in 2013**

SOURCE: CDC/NCHS, National Vital Statistics System, Mortality. CDC WONDER, Atlanta, GA; US Department of Health and Human Services, CDC; 2024. <https://wonder.cdc.gov/>.

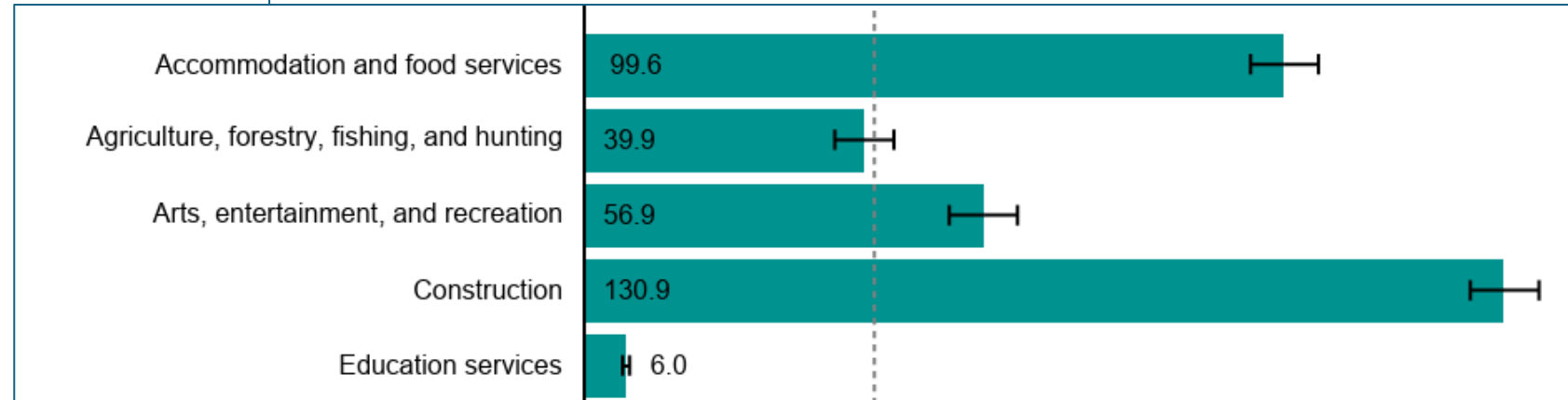
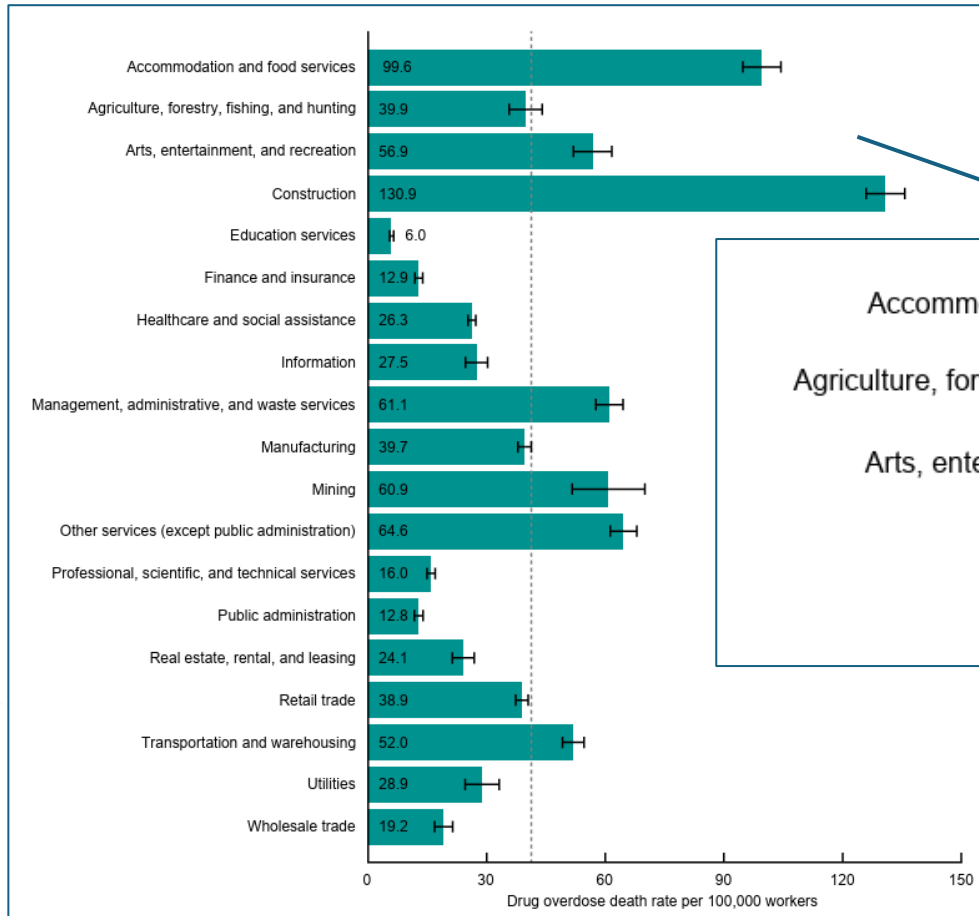


# Construction- Suicide Numbers

- Construction had the **second** highest suicide rate among males.
  - Construction
    - Males: **56.0** per 100,000 workers aged 16 to 64 years old
    - Females: **10.4** per 100,000 workers aged 16 to 64 years old
  - All industries
    - Males: **32.0** per 100,000 workers aged 16 to 64 years old
    - Females: **8.0** per 100,000 workers aged 16 to 64 years old

**Source:** Sussell, A. (2023). Suicide rates by industry and occupation—national vital statistics system, United States, 2021. *MMWR. Morbidity and Mortality Weekly Report*, 72.

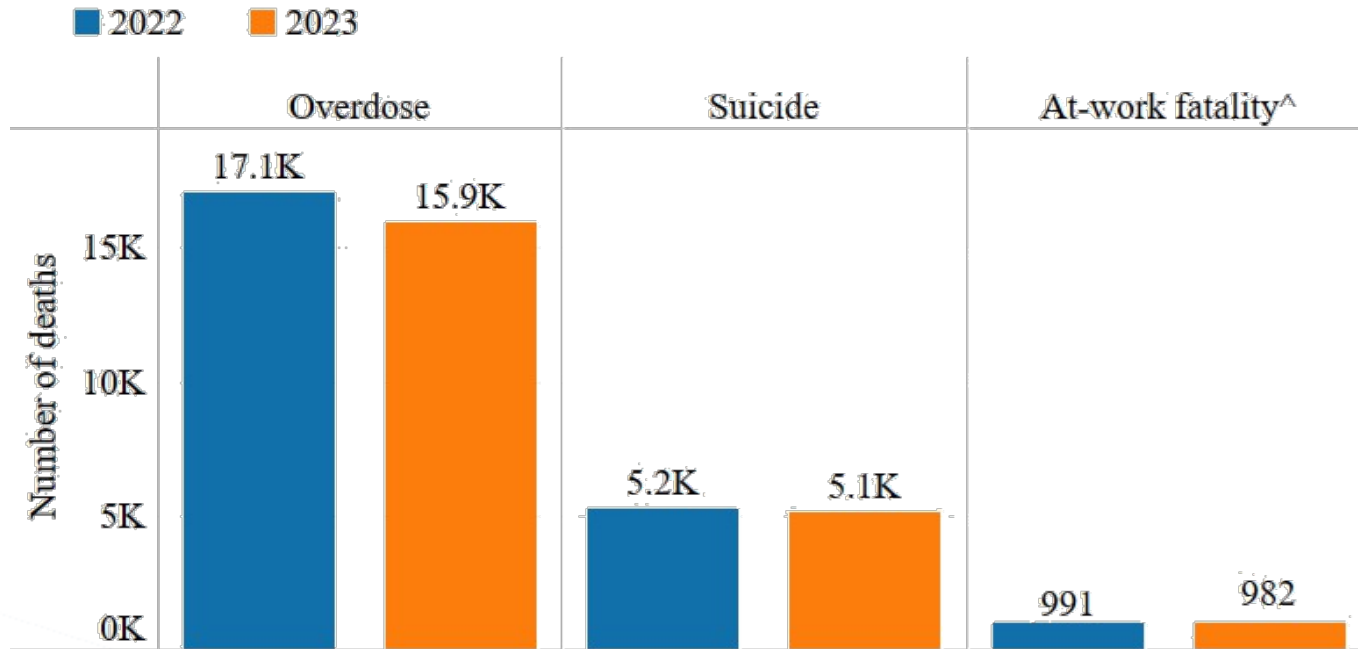
# Construction-Opioid Overdose Numbers



Drug overdose death rates among U.S. decedents aged 16–64, by usual industry group: 46 states and New York City, 2020

# Construction- Fatalities by Cause

## All workers aged 16-64 (2022-2023)



\*Workers are five to six times more likely to die by suicide, overdose, or consequences of addiction than in a job-site accident.

**Source:** National Center for Health Statistics, 2022-2023 Mortality Multiple Cause File and U.S. Bureau of Labor Statistics, 2011-2023 Census of Fatal Occupational Injuries. Calculations by CPWR's Data Center.

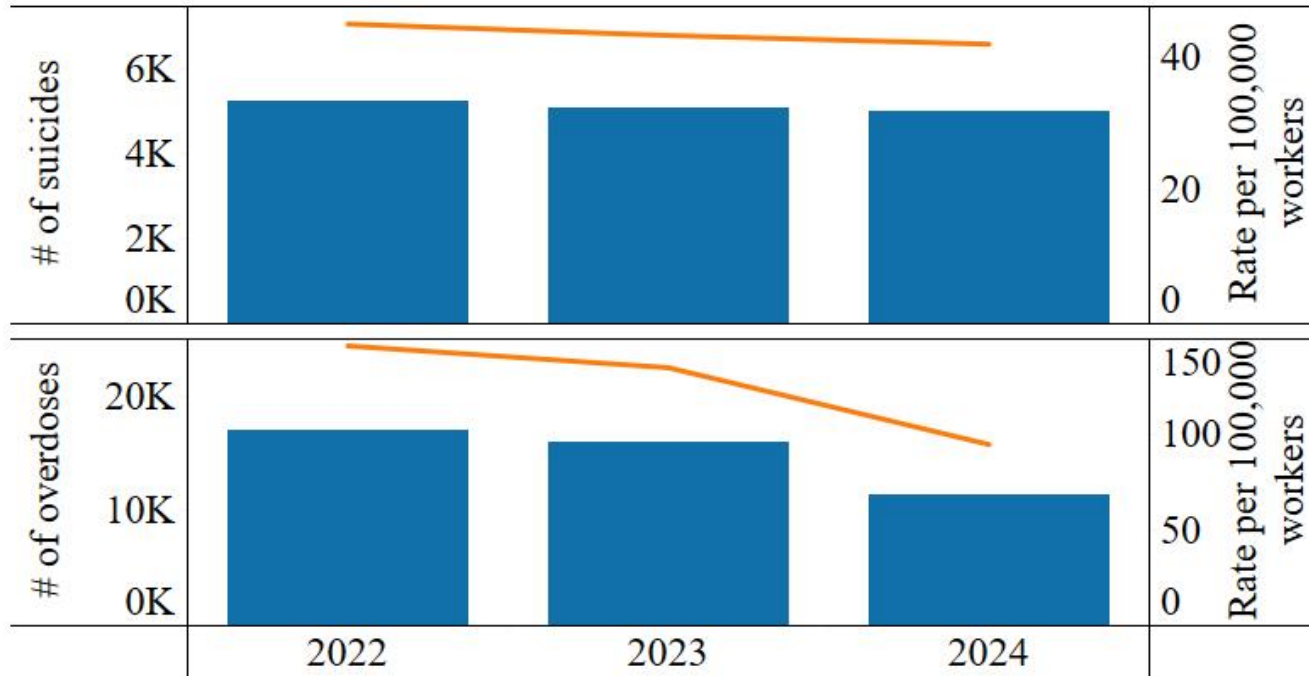
\*See injury type definitions as ICD-10 codes overlap for commonly used definitions. For example, suicides resulting from an overdose are included in both categories.

<sup>^</sup> At-work fatalities reduced to 16 to 64 years old to match mortality data.

# Encouraging Signs...

Suicide and overdose deaths among construction workers aged 16 to 64 years old (2022-2024)

■ Number ■ Rate



Source(s) : National Center for Health Statistics, 2022-2024 Mortality Multiple Cause File and IPUMS, 2022-2024 Current Population Survey. Calculations by CPWR's Data Center.

# Factors- Contributing

## CDC: Findings

- Male (4x higher)
  - Roofing is mostly male 97.4 %
- Veterans
  - Construction has roughly 12.8%

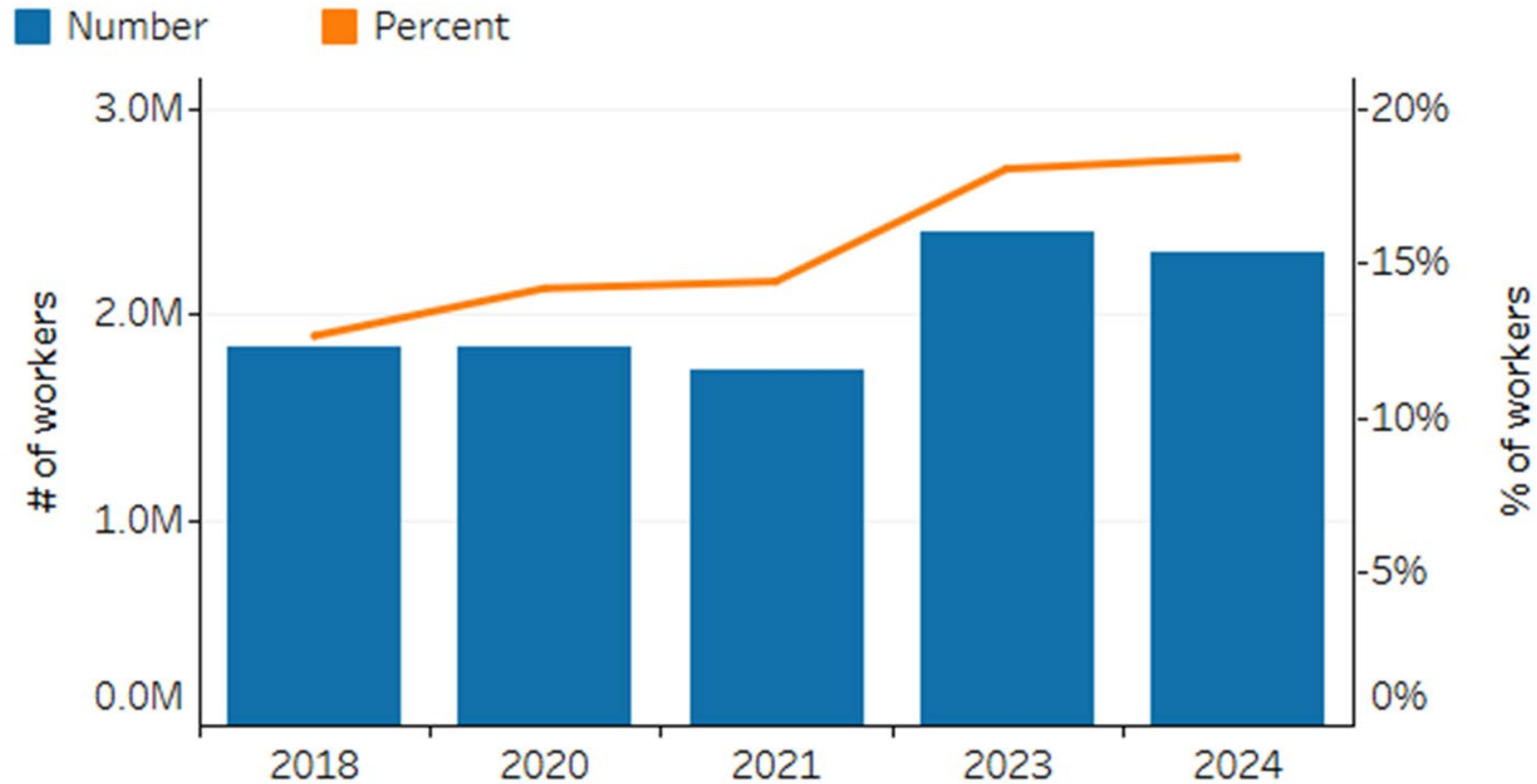
## Research Review: Workplace health & safety article, *Workplace health & safety*, 73(6), 266–285.

- Psychological Harm Factors
  - Job Insecurity, Long & Irregular working hours, High job demands/pressure, Workplace bullying & poor supervisor support, Substance use, Etc.

## Research: Dr. Steven Stack

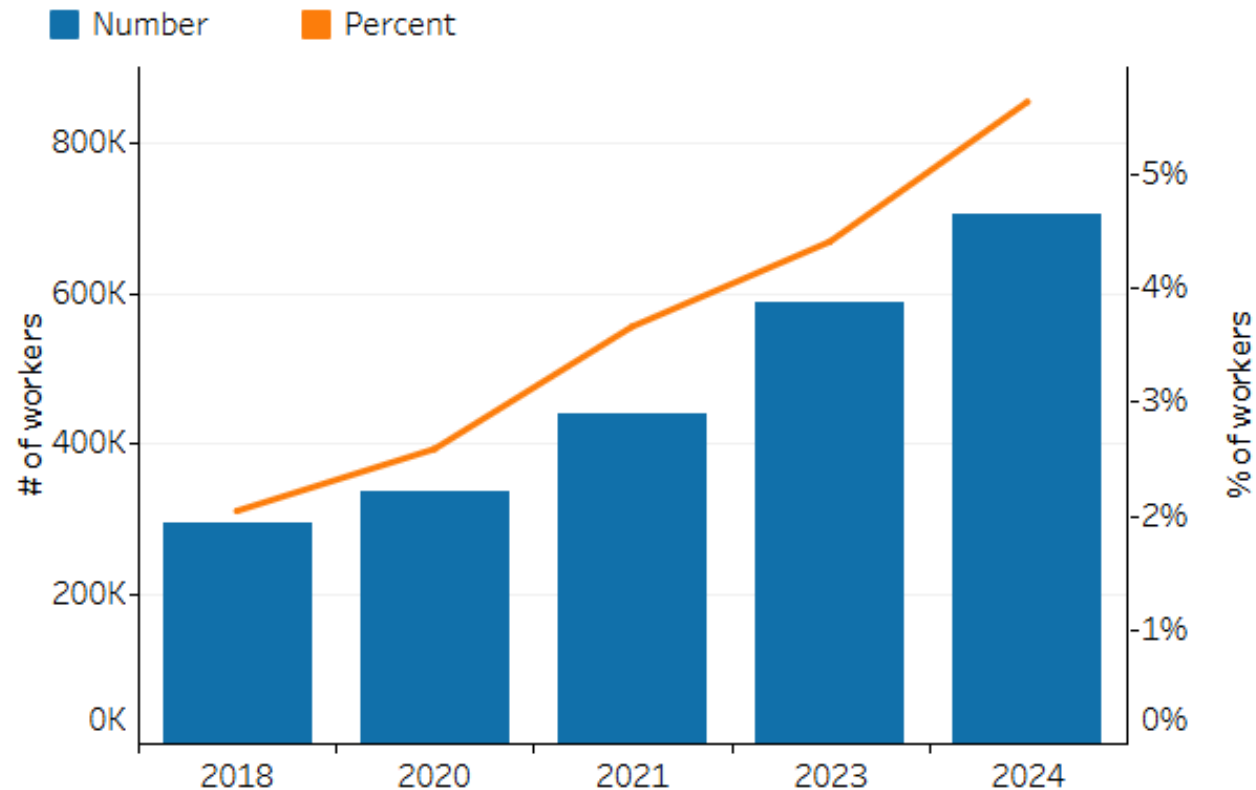
- Occupational Injury Rates
  - Roofer death by suicide linked to injury rate in this study

# Factors- Construction Worker- Anxiety by Year



CPWR—The Center for Construction Research and Training. [2025]. Mental Health among Construction Workers [[dashboard](#)].

# Factors- Construction Workers- Often needed but couldn't afford mental health care



CPWR—The Center for Construction Research and Training. [2025]. Mental Health among Construction Workers [[dashboard](#)].

# Raising Awareness, Removing Stigma

Let's discuss Myth's... I'll start

**Myth:** Talking about Suicide increases the chance a person will act on it.

**Fact:** Talking about suicide and mental health improves outcomes and the likelihood that a person will seek treatment.

Source: Mayo Clinic [“8 common myths about suicide”](#)



# The Shift to Total Worker Well-being

Roofing workers often face a perfect storm of physical risks and psychological stress.

Long hours under extreme weather conditions, irregular work schedules, and physical strain can take a toll.

Add personal and family concerns  
Simply handing out PPE is no longer enough.



# Presenteeism: A hidden risk

## What is it?

- A worker may be present but distracted by outside pressures
- Known as presenteeism – physically there, mentally absent
- Increases risk of errors, injuries, and lost productivity

## Warning Signs

- Running on little or no sleep
- Distracted by personal issues
- Showing up hungover or impaired
- Snapping at co-workers
- Missing safety steps or forgetting critical instructions
- Disengaged during safety talks

# What is Total Worker Well-Being?

- Integrated, holistic approach to worker health
- Goes beyond preventing injuries and illnesses
- Promotes health, mental resilience, and quality of life
- Leads to a more engaged, resilient, and productive workforce



# More intention than investment

- Worker safety and mental health are interconnected—*when both are prioritized.*
- Starting with leadership normalizing conversations about mental health and wellness.
- Over time, actions build trust, reduce turnover, fostering a culture where safety and well-being are inseparable leads to a safer, healthier, and more efficient workforce.



# Example-Recovery Ready Workplaces

## DOL- [Recovery-Ready Workplace Resource Hub](#)

- Expand employment opportunities for people in or seeking recovery
- Facilitating help-seeking among employees with substance use disorder
- Ensuring access to needed services
- Reducing the risk of substance misuse and substance use disorder
- Educating all levels of the company regarding substance use disorder and recovery to reduce stigma and misunderstanding

# Resources- National-Suicide Prevention

- **NRCA- Mental Health**
  - <https://www.nrca.net/resources/safety/mentalhealth>
- **988 Suicide and Crisis Lifeline**
  - <https://988lifeline.org/>
- **Crisis Text Line**
  - <https://www.crisistextline.org/>
- **CPWR- R2P- Mental Health in the Construction industry**
  - <https://www.cpwr.com/research/research-to-practice-r2p/r2p-library/other-resources-for-stakeholders/mental-health-addiction/>
  - <https://www.cpwr.com/research/research-to-practice-r2p/r2p-library/other-resources-for-stakeholders/mental-health-addiction/suicide-prevention-resources/>
- **SAMHSA (Substance Abuse and Mental Health Services Administration)**
  - <https://www.samhsa.gov/mental-health>
- **CIASP (Construction Industry Alliance for Suicide Prevention)**
  - <https://www.preventconstructionsuicide.com/>
- **Project Built**
  - <https://getbuilt.org/>
- **Construction Suicide Prevention Partnership**
  - <https://www.suicide-stops-here.org/>
- **Construction Suicide Prevention Week**
  - <https://constructionsuicideprevention.com/>
- **Living Works**
  - <https://livingworks.net/>
- **National Action Alliance for Suicide Prevention (Action Alliance)**
  - <https://theactionalliance.org/>
- **Suicide Prevention Resource Center- SPRC**
  - <https://sprc.org/>
- **AFSP- American Foundation for Suicide Prevention**
  - <https://afsp.org/>
- **Speaking of Suicide**
  - <https://speakingofsuicide.com/>
- **Mantherapy**
  - <https://mantherapy.org/#/center>

# Resources- National- Opioid Overdose Prevention

- **NRCA**

- <https://www.nrca.net/resources/safety/mentalhealth>

- **Roofers in Recovery**

- <https://roofersinrecovery.org/>

- CPWR- R2P- Mental Health

- <https://www.cpwr.com/research/research-to-practice-r2p/r2p-library/other-resources-for-stakeholders/mental-health-addiction/opioid-resources/>

- SAMHSA (Substance Abuse and Mental Health Services Administration)

- <https://www.samhsa.gov/substance-use>

- NHRC- National Harm Reduction Coalition

- <https://harmreduction.org/issues/overdose-prevention/>

- ANSW- The Alliance for Naloxone Safety in the Workplace

- <https://www.answ.org/>

**BE TOUGH ENOUGH.** *Ask For Help.*



**[www.BeToughEnough.org](http://www.BeToughEnough.org)**

# Be Tough Enough to Ask for Help- video link





NRCA

FOR  
SUICIDE PREVENTION

NEED TO TALK?  
CALL OR TEXT

**988**

## Be tough enough to ask for help.

**FACT:** It is estimated 1 in 5 adults live with a mental illness. Less than half are seeking help.

**FACT:** The construction industry has the second-highest suicide rate of all major industries in the U.S.

**Every suicide is preventable,** so please join NRCA to raise awareness around mental health and suicide prevention.

### Start the conversation.

Recognize the warning signs. Don't be afraid to reach out for help. We can all be part of the solution.

Scan for essential mental health resources.



[nrca.net/mentalhealth](https://nrca.net/mentalhealth)



NRCA



CRISIS TEXT LINE

Text HOME to 741741

Free | 24/7 | Confidential

# Resources- Colorado specific

## Suicide Prevention/ Mental Health

- Colorado Department of Public Health & Environment
  - Office of Suicide Prevention
    - <https://cdphe.colorado.gov/suicide-prevention>
    - <https://www.988colorado.com/en>
- Suicide Prevention Resource Center-Colorado
  - <https://sprc.org/states/colorado/>
- Colorado Crisis Services
  - <https://coloradocrisisservices.org/>
- American Foundation for Suicide Prevention – Colorado Chapter
  - <https://afsp.org/chapter/colorado>
- Rocky Mountain Crisis Partners
  - <https://rmcrisispartners.org/>
- Suicide Prevention Coalition of Colorado
  - <https://www.suicidepreventioncolorado.org/>

# Resources- Colorado specific

## Overdose prevention/ Opioid Misuse

- Colorado Department of Public Health & Environment
  - Overdose Prevention
    - <https://cdphe.colorado.gov/overdose-prevention>
- Colorado Consortium for Prescription Drug Abuse Prevention
  - <https://corxconsortium.org/>
- Colorado Pharmacists Society (lots of links/resources)
  - <https://www.copharm.org/co-opioid-stewardship-resources>
- The Naloxone Project (National- born in Colorado in 2021)
  - <https://www.naloxoneproject.com/naloxone-how-to-videos/>
- Stop the Clock Colorado
  - <https://www.stoptheclockcolorado.org/>
- Next Distro- Colorado
  - <https://nextdistro.org/colorado>

# Q&A



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## Final comments:

- ❖ Thank you, Adrienne & Cheryl!
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  - >>> On computer – use link in chat.
- ❖ Stay safe... take care of your team and each other!
- ❖ A copy of the presentation will be available at:  
<https://www.coloradoroofing.org/member/education>

*Thank You for attending!*

**LUNCH  
EVALUATION**



**SCAN  
HERE**

