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## **ABC-Mass. chapter chairperson's message: We must take suicide prevention seriously - by Vera Vadeboncoeur**

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We all know that construction is a great industry that offers lucrative careers without the need for a four-year college degree – and the massive debt that so often accompanies it. There are few among us who regret our career choice.

But we also need to be realistic about the fact that construction has one of the highest suicide rates of any industry. In 2020, the Centers for Disease Control and Prevention reported that the construction industry had one of the highest rates of death by suicide among their workers, 5,242 in 2018, five times higher than U.S. construction worker fatalities on jobsites. Long days of hard work can take their toll, even on the strongest men and women.

September is Suicide Prevention Month. It's an issue ABC takes very seriously, and I hope you will as well. On September 27, our Chapter is hosting a webinar entitled "Talk Saves Lives: Suicide Prevention Education" from 7:30 to 9:30 am. You can register for it [here](#).

ABC national is one of 75 members of the Construction Industry Alliance for Suicide Prevention, which provides construction workers and employers with resources including free suicide prevention training, the Suicide Prevention Lifeline call center, the Crisis Text Line, toolbox talks and speakers who can provide in-person, recorded and online education on suicide awareness, prevention and postvention. And under a new federal program, help-seekers can simply call 988 to connect to mental health caregivers.

ABC believes it is important that we all take the construction suicide crisis seriously. I share this belief and am learning more about how I can help. I look forward to ABC's September 27 webinar, and hope you can make it as well. If you have questions, don't hesitate to go to the Construction Industry Alliance for Suicide Prevention website at [preventconstructionsuicide.com](https://preventconstructionsuicide.com) to learn more.

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