



### The Problem:

The construction industry has one of the highest rates of suicide



### The Solution:

You. Sign up for the VitalCog in Construction training and learn early warning signs and how to talk to someone about suicide



### Goals:

- To promote critical thinking about suicide prevention
- To open dialogue about mental health
- To promote help-seeking and help-giving behaviors

**Training Outline:** This 60 minute training includes videos, group discussions/exercises, and roleplays to create a better understanding of your role in suicide prevention:

**Design:** Learn the importance of talking about suicide in the construction industry

**Bid:** Identify risk factors and warning signs

**Build:** Practice conversations around suicide

### After the training, participants feel:

- Knowledgeable about suicide prevention
- Confident talking about suicide and getting help
- Likely to apply what they learned

**Name:**

**Date/Time:**

**Location:**



Helen and Arthur E. Johnson  
Depression Center

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS