



## 2021 Daily Topic Resources

There are many resources you can leverage as you discuss and address mental health awareness in your organization. See below for resources related to each Safety Week Daily Topic.

### **Monday, May 3<sup>rd</sup> – Be Present, Be Focused**

Mental awareness is critically important for workers to stay safe. It is important that workers know there are resources available to help them be present and focused.

Mental Health Resources:

- [National Alliance on Mental Illness](#)
- [Mental Health America](#)
- [Mental Health America Tools 2 Thrive Toolkit](#)

### **Tuesday, May 4<sup>th</sup> – Healthy Mind Healthy Body**

Being safe means paying attention to both mind and body. It extends beyond wearing hardhats and safety glasses. It means recognizing how important mental health really is to everyone's overall safety.

Stress Relief & Stress Management Resources:

- [Addressing the Root of the Stress Problem in Construction](#)
- [How to Help Your Employees Cope with the Stress of Covid](#)
- [Building Resilience: Helping Workers Handle Stress for the Long Haul](#)
- [CDC: How to Cope with Job Stress and Build Resilience During the Covid-19 Pandemic](#)
- [Five Ways Construction Workers Can Deal with Stress and Anxiety](#)

Suicide Prevention Resources:

- [Construction Industry Alliance for Suicide Prevention](#)
- [National Action Alliance for Suicide Prevention](#)
- Construction Industry specific info for industry leaders can be found [here](#)
- Construction Industry specific info can be found [here](#)

### **Wednesday, May 5<sup>th</sup> – Be Relentless**

Preventing injuries means relentlessly paying attention to risk. Using mind and body to always make safety number one. Executing the fundamentals is critically important. Mental discipline is a critical element of total wellbeing.

- A wide variety of Toolbox Talks on safety fundamentals can be found [here](#)



### **Thursday, May 6<sup>th</sup> – Be Safe**

Safety is a value that we all need to practice not just in the workplace, but at home too. The team around you is there to assist and there are resources available that can help if you step forward and commit to holistic safety.

Substance abuse resources can be found [here](#).

### **Friday, May 7<sup>th</sup> – Thank You**

Our industry is embracing safety more than ever, most especially with the outbreak of COVID, and every worker in our industry deserves a big thank you.

- Resourcing on returning to “normal” after Covid can be found [here](#).

### **You Are Not Alone : Where to Go For Help**

National Suicide Prevention Hotline: 1-800-273-8255

Crisis Service Canada: 1-833-456-4566

Optum public toll-free help line: 866-342-6892

[NAMI Help Line](#)

[NAMI Online Discussion Groups](#)

[NAMI Support Groups](#) (for individuals or family members)

[National Safety Council](#)

- [Request a Free Opioids at Work Employer Kit](#)

