**Social Media Posts for Construction Industry**

**Facebook**

Working long or abnormal hours can affect sleep, causing mental and physical exhaustion. If you are worried about your mental health, go to HealthyMenMichigan.org to see how you are doing.

When a workplace has a culture of recklessness and bravery, and employees are rewarded for being tough, they are often less likely to reach out and ask for help. Men in the construction industry need an outlet to check on their mental health. HealthyMenMichigan.org enables men to check in on their mental health and find local resources.

Chronic pain can cause depression and hopelessness. Because construction is such a physical industry, its employees have a higher than average incidence of injury and are therefore at increased risk for depression. HealthyMenMichigan.org provides men in Michigan a resource where they can check in on their mental health.

Transitory or seasonal employment can experience a lack of belongingness, and a higher level of uncertainty that adds to isolation and lack of meaning. Construction workers often fall in this category and need to check their mental health. HealthyMenMichigan.org is a site for men to check in on their mental health and find local resources.

Men who work in high stakes and high skill occupations, such as construction, are almost 1.5 times more likely to die by suicide than the general population. Anyone can take a free & anonymous mental health screening at HealthyMenMichigan.org.

Suicide is the second leading cause of death for men between the ages of 25 and 64. Construction jobs are predominantly held by males. Anyone can take a free depression screening at HealthyMenMichigan.org.

**Quotes to Share**

“In our industry we work long, draining days with less and less competent resources to help”

<https://www.constructionnews.co.uk/best-practice/mind-matters/in-your-words-construction-workers-share-mental-health-experiences/10016963.article>

“Because construction is very macho, and it’s a very macho environment where men particularly don’t feel comfortable talking about their feelings as they think that it’s a weakness”

<http://www.worldconstructionnetwork.com/features/construction-workers-deserve-to-go-home-safely>

“Safety and well-being are tied together, and we actually leverage our employee safety messaging by using it as an opportunity to tack on additional messages about the importance of seeking help for mental health issues”

<http://alabamaconstructionnews.org/2017/01/24/the-striking-role-mental-health-plays-in-construction/>

“Many construction workers pride themselves on being tough, which prevents them from admitting there’s a problem and stops them from seeking help”

<https://www.forbes.com/sites/amymorin/2016/05/21/what-construction-workers-could-teach-other-industries-about-mental-health-awareness/#564693112d2b>