

# Mind our Workers

## SPOT THE SIGNS - SAVE A LIFE

Together we can help reduce the rate of male suicide

- S** Sleep Disturbance
- I** Isolation
- G** Giving Away Possessions
- N** No Interest In Anything
- S** Speaking Of No Future



**CONSTRUCTION  
SAFETY WEEK**

23-27 October 2017



CONSTRUCTION  
**SAFETY**  
PARTNERSHIP  
ADVISORY COMMITTEE



Construction  
Workers  
Sick Pay Trust



NETWORKS



## If you have any concerns: Remember... APR

- A** → **ASK** - Ask the Question "Are you suicidal?"
- P** → **PERSUADE** - If the person is reluctant to talk, be persistent and in a quiet setting, persuade them. They might just thank you later!
- R** → **REFER** - Have all the necessary details ready, helpline numbers etc. Offer to make the call yourself.



**POSITIVE MENTAL HEALTH**  
**THURSDAY 26<sup>TH</sup> OCTOBER**  
**#CIFSafety17**



**CONSTRUCTION SAFETY WEEK 2017**

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