



## Mental Health Support for Construction Crews: Evidence-based Training for Supervisors

*This training helps construction supervisors recognize and respond to mental health issues affecting crew members*

Construction workers have some of the highest rates of depression, anxiety, psychological distress, addiction, overdose, and suicide of all occupational groups. The training equips construction supervisors with the information and tools they need to spot and respond effectively to mental health warning signs.

### Responding to an industry need

The CPWR Center for Construction Research and Training reports that nearly half of all construction workers experience depression and that work-related factors are strongly associated with poor mental health in construction. Experts attribute the mental health crisis in construction to factors such as employment instability/insecurity, job demands, lack of support, long work hours, hazardous work, poor psychosocial and safety climate, injuries, and bullying or harassment<sup>i</sup>. *Mental Health Support for Construction Crews* responds to these well-documented issues.

<sup>i</sup>Assessment of Construction Workers' Mental Health to Improve Wellbeing (Jan 2024)

### This training features

- Self-paced, online training that can be completed in 60 minutes
- Evidence-based content developed by occupational health experts and leaders from the construction industry
- Two-week behavior tracking tool designed to help track supportive supervisor behaviors to reinforce learning
- Downloadable tools and resources



[rwi@ohsu.edu](mailto:rwi@ohsu.edu)