

THE IMPACT OF STRESS, SUBSTANCE MISUSE AND SUICIDE ON THE CONSTRUCTION INDUSTRY

- 12% of construction workers have an alcohol use disorder
- 80% of construction workers have experienced stress at work
- 14.3% of construction workers were diagnosed with a substance use disorder in the past year

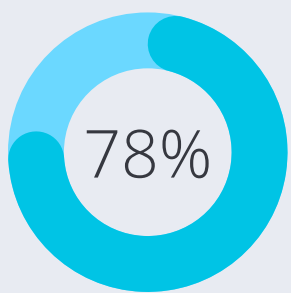


The construction industry accounts for 20% of the nation's suicides

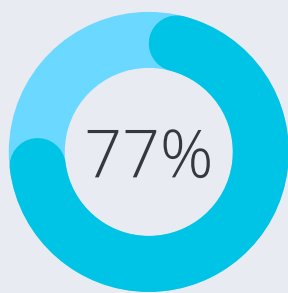
Construction workers represent about 25% of fatal opioid overdoses among all workers



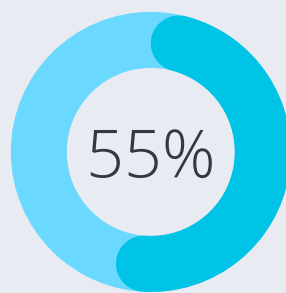
REASONS WORKERS MAY NOT SEEK MENTAL HEALTHCARE



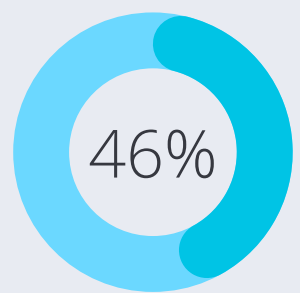
Stigma



Judgement



Fear of Job Consequences



Don't Know How to Access Care



10 THOUSAND

Depression can cost employers an average of \$10,000 per year in healthcare



51 BILLION

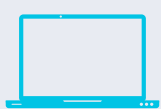
Mental illnesses can cost employers up to \$51 billion per year in lost productivity

HOW YOUTURN HEALTH WORKS

Youturn Health offers comprehensive support to privately help employees with stress, substance use, and suicidal ideation without fear of stigmatization or negative repercussions.



Confidential **PEER COACHING** from NAADAC-credentialed coaches with lived experience in substance misuse and recovery to provide access to community resources and additional support.



Access to **ON-DEMAND ONLINE EDUCATION** through an extensive library of evidence-based, inspiring, and insightful videos designed to increase understanding of stress, anxiety, and wellness.



Increased **FAMILY INVOLVEMENT** with baseline education on substance use disorders and peer coaching support to facilitate healing and healthy behaviors that will increase the likelihood that their loved one will maintain their recovery journey.

The Youturn Health program is completely confidential; we do not share member information with the employer or union. It's also free of charge to union members and their families.

To enroll in peer coaching and learn more:

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