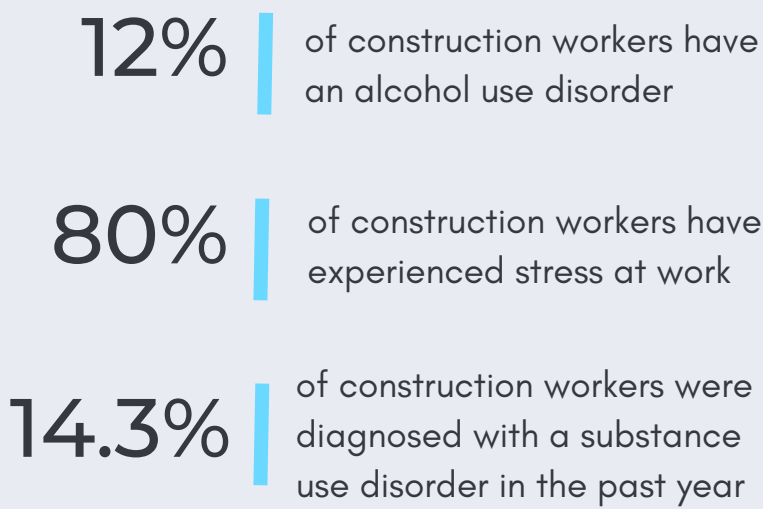


THE IMPACT OF STRESS, SUBSTANCE USE, AND SUICIDE ON THE CONSTRUCTION INDUSTRY

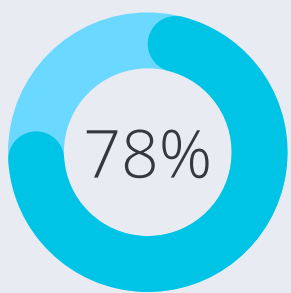


The construction industry accounts for 20% of the nation's suicides

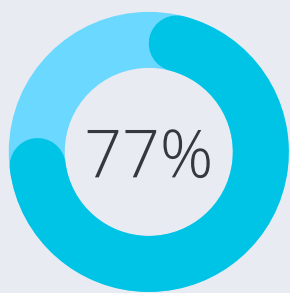
Construction workers represent about 25% of fatal opioid overdoses among all workers



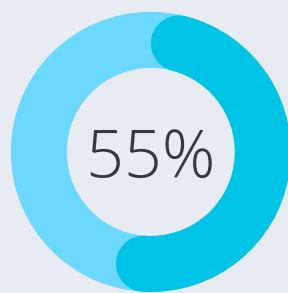
REASONS WORKERS MAY NOT SEEK MENTAL HEALTHCARE



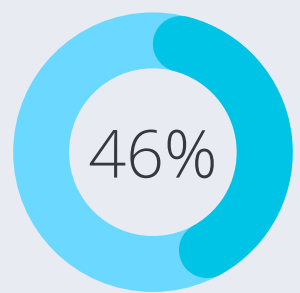
Stigma



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 with stress, substance use, and suicidal thoughts without fear of stigmatization or negative repercussions.



Access to **EDUCATIONAL AND INSPIRATIONAL VIDEOS** through the Youturn app. Videos are designed to increase your understanding of stress management, mental health, substance use, and wellness.



Confidential **PEER COACHING SUPPORT LINE** to get answers to your mental health questions and extra guidance if needed. Longer-term peer support from certified coaches is also available.



SUPPORT FOR YOUR FAMILY. Your loved ones also have access to the Youturn app, video library, and Peer Coaching Support Line to facilitate healing and healthy behaviors.