

Suicide prevention training for the construction industry



What we're delivering

A construction-specific suicide prevention awareness training product, designed for the industry, by the industry

Designed to resonate with real on-site experiences

Co-designed with input from those working directly in construction

Has been fully funded by CITB and available to book now

The reasons behind suicide are often complex

Debt or other financial concerns

Feeling isolated and lonely

Health problems

Pressure at work or job insecurity

Grief and loss

Breakdown of a relationship

Alcohol or substance misuse

Abuse or trauma

Someone may feel that they're in an impossible situation, that they have difficulties they can't overcome and no one to turn to

They may want a way to escape from the pain they're feeling or their circumstances

Suicide in Scotland

In 2024, there were 704 deaths by suicide

- Almost three quarters were male
- Rate was 2.5x higher in deprived areas
- Historically, Scotland has the most deaths by suicide per population group in the UK



Approximately 265,000 people are thinking about suicide in any given year

In construction

- 73% of tradespeople have experienced poor mental health
- Construction workers are almost 4x more likely to die by suicide
- General labourers are almost 7x more likely to die by suicide than management roles



**Why does the stigma around suicide
still exist?
Why is it so difficult to talk about?**

Let's discuss

Stigma in construction



Stigma leads to misunderstanding and prevents us from opening up

Differing generational views

Perception of weakness

Language, attitude and banter

Language

We suggest:

- **Thoughts of suicide** rather than suicidal
- **Attempted suicide** rather than successful or unsuccessful
- **Died by suicide** rather than committed

What if I say the wrong thing?

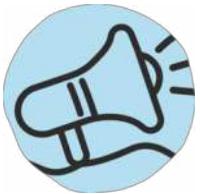
Our impact



30 courses delivered



250 people trained



97% rated the session positively

“I thought the training session was excellent and opened my eyes on how I could potentially help someone in need.”

Suicide Prevention in Construction participant, November 2025

Making a long-lasting impact through ASIST

ASIST (Applied Suicide Intervention Skills Training) is a 2-day, internationally recognised suicide intervention course

For anyone wishing to train in a support role i.e., Mental Health First Aiders

Equips participants to identify and intervene with someone who may be at risk

Complements the introductory suicide prevention training for deeper, long-term change

What you can do next



Thank you

Let's build a better future
together



Email CIIF.training@samh.org.uk to book
training for your organisation now

