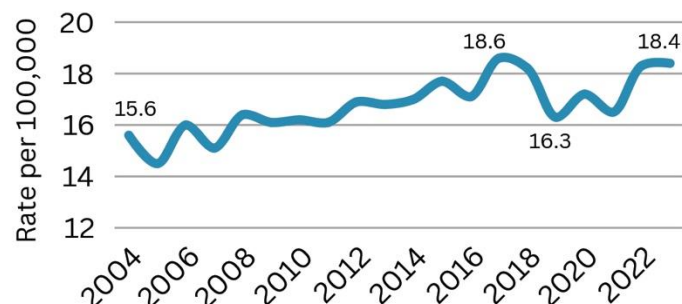


Construction employment among people who died by suicide in North Carolina, 2004 - 2023.

Why focus on work?

- More than 75% of working age adults are in the labor force.
- Suicide rates among working age adults are rising.
- Suicide rates are very high in certain industries¹ and occupations², especially construction.
- Workplace suicide prevention efforts need information about how best to help workers in high-risk industries.

Suicide rates among NC working age adults ages 18 to 64 have been rising since 2004.



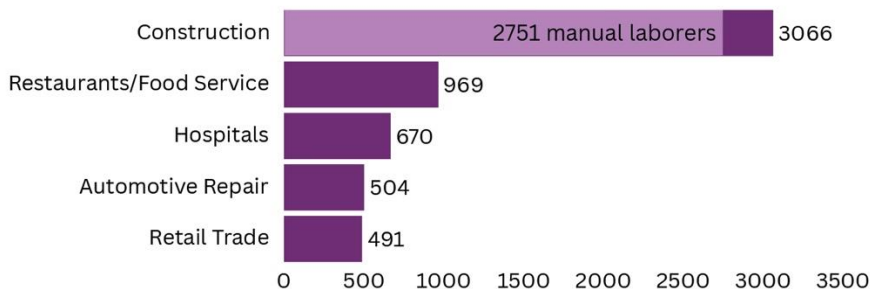
Source: CDC WONDER

Within the construction industry, there are manual labor, administrative, management, engineering, and many more occupations.

¹**Industry:** the business activity a person's employer is engaged in
²**Occupation:** a person's job or the type of work that they do

Of 17,000 working age adults who died by suicide and had jobs³, most worked in the construction industry and were manual laborers.

³3,224 of 20,243 total suicide decedents were not engaged in a paid work industry, such as homemakers and students.



Construction industry workers made up

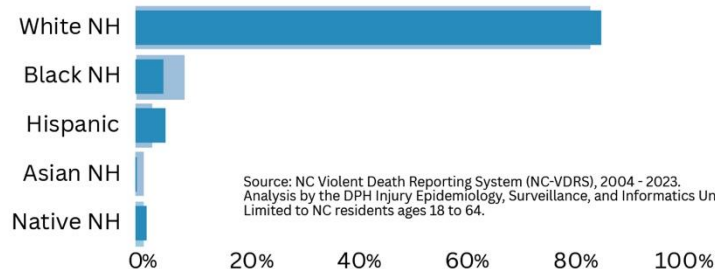
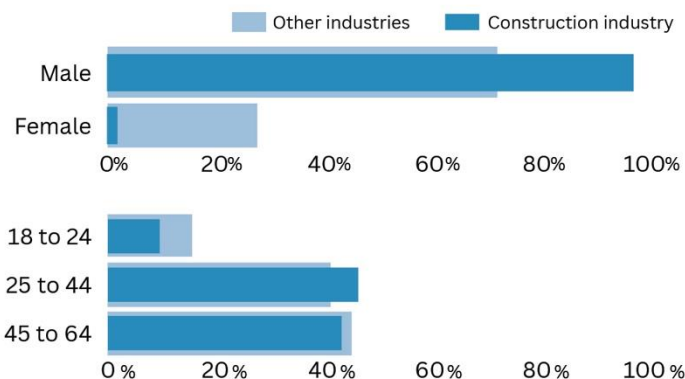
5.5% of total workers
18% of workers who died by suicide

The demographics of suicide decedents who worked in construction were different compared to those who worked in other industries.

98% of construction workers that died by suicide were male, while 72% of workers in other industries that died by suicide were male.

Construction workers were more likely to be ages 25 to 44 when they died compared to other workers.

86% of construction workers who died by suicide were White and not Hispanic (NH). Compared to other industries NH Native and Hispanic people were overrepresented.



Source: NC Violent Death Reporting System (NC-VDRS), 2004 - 2023. Analysis by the DPH Injury Epidemiology, Surveillance, and Informatics Unit. Limited to NC residents ages 18 to 64.

If you or someone you know needs support now,

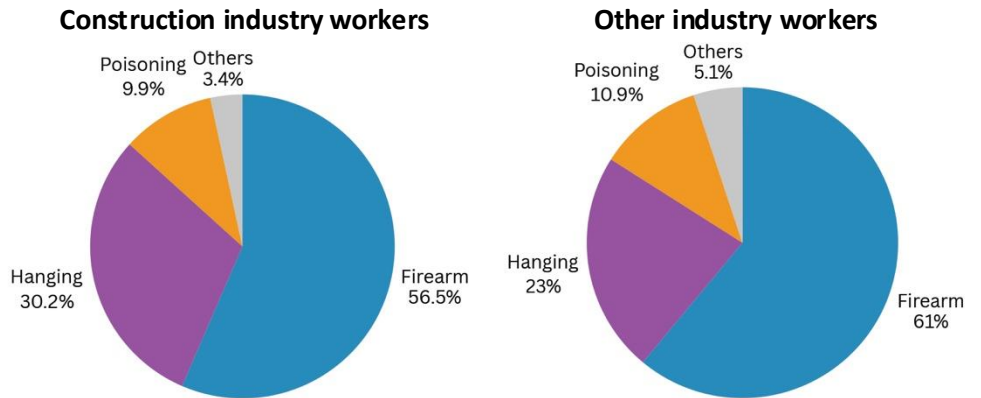


call or text **988**
or
chat **988lifeline.org**

Methods of suicide were slightly different for construction workers compared to other workers.

Compared to other working age males⁴, suicides among construction workers were less likely to involve firearms (56% vs 61%) and more likely to involve hanging, strangulation, and suffocation.

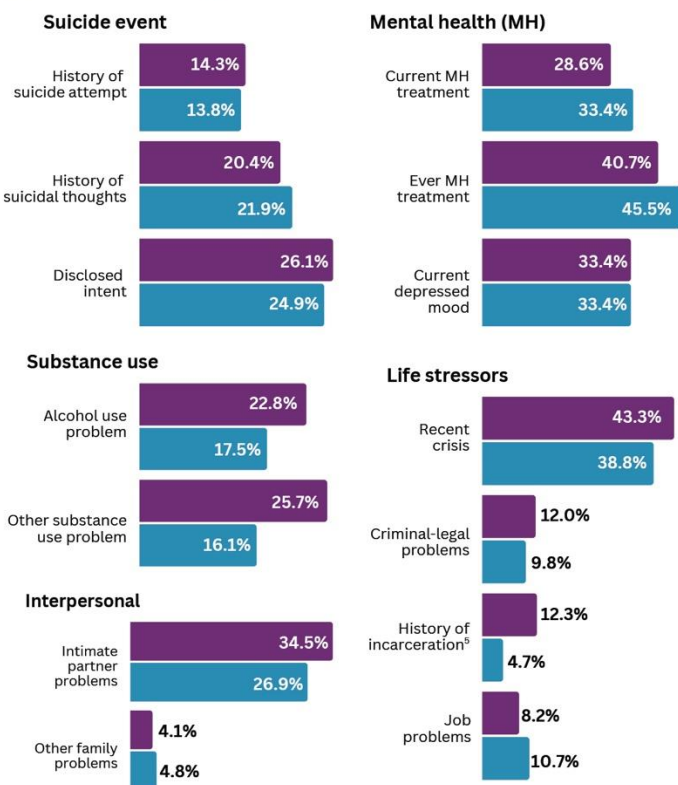
⁴ Since method of suicide and circumstances surrounding suicide differ by sex and most construction workers who died by suicide were male, analyses of method and circumstances are restricted to males.



Source: NC Violent Death Reporting System (NC-VDRS), 2004 - 2023. Analysis by the DPH Injury Epidemiology, Surveillance, and Informatics Unit. Limited to NC residents, male, ages 18 to 64.

NC Violent Death Reporting System (NC-VDRS) circumstances data show some important considerations for suicide prevention among construction workers.

Construction workers Other workers



- 1 in 5 construction workers who died by suicide had an alcohol use problem.
- 1 in 4 construction workers who died by suicide had another substance use problem.
- Compared to other workers, construction workers were just as likely to be depressed, have a history of suicide attempt, or have a history of suicidal thoughts. They were less likely to have been receiving or to have ever received mental healthcare.
- Construction workers were more likely to have criminal-legal problems or a history of prison incarceration compared to other workers. People who have been incarcerated have [high suicide mortality rates](#) in NC.

⁵ Incarceration history obtained through linkage of death certificate records to NC Department of Adult Corrections prison release data. Linkage only available for data years 2004 - 2019.

Source: NC-VDRS, 2004 - 2023. Limited to NC residents, male, ages 18 to 64. Analysis by the DPH Injury Epidemiology, Surveillance, and Informatics Unit.

Opportunities for prevention & intervention

- Improve access to mental health and substance use treatment.
- Support workers experiencing interpersonal, criminal-legal, and other crises outside of work.
- Train workers and supervisors to respond to disclosures of suicidal intent.
- Post signage for 988 at construction sites.

Injury and Violence Prevention Branch Resources

<https://injuryfreenc.dph.ncdhhs.gov/safestorage/index.htm>
<https://injuryfreenc.dph.ncdhhs.gov/preventionResources/Suicide.htm>

National Resources

The Suicide Prevention Resource Center: <http://www.sprc.org>
 The American Foundation for Suicide Prevention: <https://afsp.org>
 Construction Industry Alliance for Suicide Prevention: <https://www.preventconstruction suicide.com>

State of North Carolina | Department of Health and Human Services www.ncdhhs.gov

State Resources and Partners

Office of Violence Prevention: <https://ncdps.gov/about-dps/current-initiatives/office-violence-prevention>
 Office of the Chief Medical Examiner: <https://www.ocme.dhhs.nc.gov/>

