A Colorado-based construction company has established a model for preventing suicide among employees. Following the suicide deaths of some of its workers, the RK construction firm set up around-the-clock access to counseling, flexible leave, and crisis response training for managers. The company also changed its culture to foster empathy and promote worker well-being. According to RK co-owner Jon Kinning, talking openly about mental health has been critical to the company’s prevention efforts. Two to three times a week, workers gather for “toolbox talks,” which include discussions of mental health. RK’s prevention approach is now spreading to other construction companies and industries with high suicide rates.

Spark Extra! Learn how coworkers and managers can help prevent suicide.

Links within this resource