

# SUICIDE PREVENTION TOOLBOX TALKS



American  
Foundation  
for Suicide  
Prevention

Toolbox Talks were created by the American Foundation for Suicide Prevention (AFSP) in partnership with construction professionals to complement and reinforce the content provided in AFSP's *Talk Saves Lives: Construction* program. Each talk is thoughtfully crafted to bring vital mental health and suicide prevention conversations into the culture of construction jobsites. By delivering these presentations over time, we aim to create ongoing dialogue, reduce the stigma surrounding mental health, and encourage a supportive environment where seeking help is seen as a sign of strength.

## HOW TO USE TOOLBOX TALKS

Each Toolbox Talk is made for construction professionals to use with their teams—**no mental health background needed**.

**Remember:** These talks aren't about fixing everything—they're about starting real conversations. Show up with care and be ready to listen.

**Prepare Ahead.** Read through the Toolbox Talk before the meeting. Get familiar with the main message, story, and discussion prompts. Become familiar with the mental health resources available on your job site and your company's Employee Assistance Plan (EAP). Be sure to have copies of any flyers or informational brochures available.

**Set the Tone.** Emphasize to your team that mental health and suicide prevention are essential components of overall jobsite safety and well-being.

**Share the Scenario.** Read the opening story out loud. Research shows that these scenarios are helpful to the learning process<sup>1</sup>.

**Read the Bullet Points.** Go through each bullet one by one as they contain important information.

**Discuss Jobsite Examples.** Ask the discussion questions provided or similar questions to fit the needs of your jobsite. Be sure to pause and invite discussion after each question.

**Share the 'Bottom Line'.** Read the final section with purpose—it's the key takeaway. Remind everyone that mental health matters, and no one is alone.

**Keep the Conversation Going.** Let the team know where they can get help (EAP, 988, peer advocates, etc.) and that support is always available, emphasizing that we have each other's backs. Each Toolbox Talk should end with a reminder of jobsite or company resources. A template is available to create a resource list for your company or job site.

**Document and Follow Up.** Record the session attendance based on your company's policy. If any serious concerns come up, respond with care and follow site procedures.

**Connect with us!** Please share your thoughts, ideas, and suggestions for other topics with us and/or schedule a *Talk Saves Lives: Construction* presentation for your site at [construction@afsp.org](mailto:construction@afsp.org).

Learn more at [HardHatCourage.com](http://HardHatCourage.com).

<sup>1</sup>Eggerth, D. E., Keller, B. M., Cunningham, T. R., & Flynn, M. A. (2018). Evaluation of toolbox safety training in construction: The impact of narratives. *American Journal of Industrial Medicine*, 61(12), 997–1004. <https://doi.org/10.1002/ajim.22919>