



Mental Health Matters: Support for Women in Construction

Understanding the Landscape

Women in construction play a vital role in building our communities and infrastructure. However, they often face unique challenges in a predominantly male industry. It's crucial to recognize the impact of these challenges on mental health.

Eye-Opening Statistics

Only 10.3% of the U.S. construction workforce consists of women, which means many women may feel isolated in their roles. Sometimes issues may not be brought up for fear of retaliation.

A staggering 30% of women in construction report facing mental health issues, with stress, anxiety, and depression being common concerns. This higher prevalence can stem from workplace dynamics, lack of representation, and the physical demands of the job.

Why Mental Health Matters

Mental health is just as important as physical health, especially in a demanding field like construction. Poor mental health can lead to decreased productivity, increased absenteeism, and safety risks on the job site. Prioritizing mental well-being can improve not only individual lives but also workplace culture and safety.

You Are Not Alone: Resources for Support

If you or a colleague are struggling, there are resources available to help:

988: National Suicide Prevention Lifeline

Call or text 988 for immediate support. This confidential service is available 24/7 and can connect you with trained counselors.

Construction Industry Alliance for Suicide Prevention (CIASP)

This organization offers resources specifically designed for construction workers, including training programs, support tools, and educational materials about mental health awareness in the industry.

Women in Construction (WIC) Network

This network provides mentorship and support for women in construction. They offer workshops, resources, and a community to discuss mental health challenges. Connecting with other women who understand your experiences can be incredibly empowering.

Employee Assistance Programs (EAP)

Many construction companies offer EAPs that provide confidential counseling and support services for employees. Check with your HR department to see what resources are available to you.

Take Action: Prioritize Your Mental Health

Start the Conversation: Talk about mental health openly with colleagues. Sharing experiences can create a supportive environment.

Seek Help: Don't hesitate to reach out for help. Whether it's talking to a counselor, joining a support group, or utilizing resources from organizations, taking that first step is crucial.

Practice Self-Care: Engage in activities that promote relaxation and mental well-being, such as exercise, mindfulness, or hobbies that you enjoy.

Final Thoughts

Your mental health is just as important as your physical safety on the job site. Remember, seeking help is a sign of strength. You are not alone on this journey; there are resources and communities ready to support you.

****Together, We Can Build a Healthier Future! ****