Mental Health

Why It Matters in the Construction Industry

What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. Good mental health is more than the absence of illness—it helps us handle stress, build relationships, and enjoy life.

Mental health is just as important as physical health. Understanding how you are feeling, noticing signs that something may be wrong, and knowing where to get help can support a healthier and more balanced life.

Mental Health in the Construction Industry

83%
of workers report moderate to severe mental health conditions

58%
of tradespeople experience job-related stress

2X
Substance use rates are nearly double the national average

3X
The construction industry's suicide rate vs. the national average

Between 2016 and 2026, 30%-50% of all male opioid-related deaths occurred among men in the trades. Nearly 47% deal with anxiety, and 38% feel burnt out.

You are not alone. Help is available.