



# SUICIDE

## Starting the conversation

**Suicide is the greatest cause of death amongst young men (15-44) in the UK and of many young women.**

Every four minutes someone in the UK tries to kill themselves and every hour and a half someone succeeds.

There were 6,122 deaths by suicide recorded in the UK in 2014, of which 76% were men. This compares with 1,775 people who died in traffic accidents.

## Access Assistance

 **0800 652 1618**

 **[support@electricalcharity.org](mailto:support@electricalcharity.org)**

Available 7 days a week offering free and independent assistance for virtually any problem or issue you may encounter. Our trained advisors assist everyone with respect and empathy.



# SUICIDE



## Why is suicide so common in the UK?

Many experts believe a number of things determine how vulnerable a person is to suicidal thinking and behaviour. These include:

**Life history** - for example, having a traumatic experience during childhood, a history of sexual or physical abuse, or a history of parental neglect.

**Mental health** - for example, developing a serious mental health condition, such as schizophrenia.

**Lifestyle** - for example, misusing drugs or alcohol.

**Employment** - such as poor job security, low levels of job satisfaction or being unemployed.

**Relationships** - being socially isolated, being a victim of bullying or having few close relationships.

**Genetics and family history.**

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## The facts:

1. 1,419 people working in skilled construction building trades took their own lives between 2011 and 2015.
2. 1,409 were men and just 10 were women.
3. The statistics also show that the risk of suicide for those working in building and construction trades was 1.6 times higher than the national average.
4. Within these workforces, roofers, tilers and slaters face the highest risk of all: in those trades, the risk of suicide is a staggering 2.7 times higher than the UK average.

## Do you know someone at risk of suicide?

**The construction sector has the highest suicide rates in the UK. Why do you think that is?**

## How can we do better as an industry?

Talk about mental health awareness, being more open and discussing challenges so that we take away the stigma.

Acknowledge as an industry that there is an issue and start to measure it as we do with other health and safety statistics.

Engage in dialogue with your colleagues by asking a simple question, such as 'R U OK?' - it can make all the difference.

Try not to judge. You might feel shocked, upset or frightened, but it's important not to blame the person for how they are feeling. They may have taken a big step by telling you.

Don't skirt around the topic. There is still a taboo around talking about suicide, which can make it even harder for people experiencing these feelings to open up and feel understood. Direct questions about suicide, such as 'Are you having suicidal thoughts?' or 'Have you felt like you want to end your life?', can help someone talk about how they are feeling.

## EIC support services

**Telephone counselling**

**Careers advice & assistance**

**Financial assistance**

**Through Samaritans:** Confidential emotional support is available 24/7 to anyone experiencing despair, distress or suicidal feelings by calling 08457 909090.