

Mercedes Bellingham .pdf



Suicide Prevention Month

Instructor -- Chris Jenkins

Division -- Seattle

Start Date -- 2025-11-04

Expiration Date -- Does not expire

Job Name -- Mercedes Bellingham

Foreman -- Diego Osorio

Attendance -- Diego Osorio, Chris Jenkins

Comments:

On **June 13, 2025**, our company lost one of our own : a fellow mechanical insulator died by suicide. That tragic loss hit close to home, and it's a reminder that we need to prioritize mental health, so we never experience another loss like this again.

Let's be honest : if a coworker told you they were thinking about suicide, or if you noticed someone struggling, would you know what to say or do: For many of us, the answer is no. That's exactly why we are offering **free, voluntary suicide prevention training provided by Suicide Awareness Voices of Education (SAVE)** to anyone who wants to take it.

SAVE is a national nonprofit dedicated to the prevention of suicide through education, advocacy, lethal means safety efforts, and support for suicide loss survivors.

Think of this training as **mental health first aid**. Just like CPR teaches you how to respond in a medical emergency, this training gives you tools to recognize the signs of a mental health crisis and the confidence to step in. The more people on our team who are prepared to help, the better chance we have of preventing another tragedy.

Construction is tough work, and the suicide rate in our industry is among the **highest of any**

profession. But together, with training and resources, we can help change that. If we help just one person, this mission will be worth it.

How to Participate

Visit our company's training link: [One Step Ahead Suicide Prevention Training through SAVE](#).

Create your own username and password.

Complete the online training on your own time (you'll take a pre and post survey : data goes only to SAVE).

Once finished, forward a copy of your completion certificate to **safety@hudsonbayins.com** and we will upload it to the LMS.

In times of tragedy, finding the right support and understanding can make all the difference.

If you or someone you know is struggling, please remember there are resources and support available. You don't have to face it alone.

Mental Health & Suicide Prevention Resources

These free services are available to all and provide a range of support services.

[Construction Industry Alliance for Suicide Prevention \(CIASP\)](#)

[National Institute of Mental Health](#)

[Psychology Today](#)

Resources available through your Local:

[International Member Assistance Program \(IMAP\)](#)

(Heat and Frost Insulators & Allied Workers)

[All One Health](#)

(Heat and Frost Insulators & Allied Workers) offers many services including six free counseling sessions for every member: no cost, no judgment, just support.

Local 36 offers an [EAP Program](#)

through First Choice Health or by calling 1-(800) 777-4114

[Carpenters Assistance Program \(CCAP\)](#)

Download the App: GuidanceNowSM or by calling 1- (833) 792-2271.

Trade Association Videos

Have you ever felt the impact of a sudden loss: Even if it's not someone you know personally, it can still leave a deep mark. [After a Crisis: Employee Support and Recovery Video](#) is a great place to

start the healing process. Created through The Associated General Contractors (AGC's) partnership with Youturn Health.

Mechanical Contractors Association of America (MCAA) is proud to address Mental Health Awareness & Suicide Prevention with an impactful video! This video highlights the success story of an industry veteran, Brandon Anderson, with appearances from MCAA's president Robert Beck, the UA's Jen Massey, industry expert Dr. Sally Spencer Thomas, and MCAA member Ricky Reams.

[MCAA Mental Health Awareness & Suicide Prevention Video](#)

Remember This!

We take pride in keeping each other safe on the jobsite. This training is another way to protect each other : not just from physical hazards, but from the struggles we can't always see. Together, we can break the silence, support our brothers and sisters in construction, and save lives.