



A HOLMES MURPHY COMPANY

Selected Wellbeing Resources



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Allison Hill & Cal Beyer; CSDZ, a Holmes Murphy Company

Risk Rewarded

Selected Links to Wellbeing Thought Leadership

Wellbeing and Caring Culture

Construction Financial Management Association *Building Profits* -- Mental Health and Wellbeing in the Construction Workplace (Sept/Oct 2020)

https://s3.amazonaws.com/rdcms-cfma/files/production/public/SO20_46.pdf

***Construction Business Owner* - Why Employee Assistance Programs Are Valuable During & After COVID-19 (May 2020)**

<https://www.constructionbusinessowner.com/workforce-management/why-employee-assistance-programs-are-valuable-during-after-covid-19>

***Construction Executive* - Post-COVID-19 Strategies to Promote Mental Well-Being and Suicide Prevention: The Powerful Reach and Touch of Caring Messages (June 2020)**

<https://www.constructionexec.com/article/post-covid-19-strategies-to-promote-mental-wellbeing-and-suicide-prevention>

Construction Financial Management Association - The Heart of a Leader (April 2021)

<https://cfma.org/articles/the-heart-of-a-leader-sharing-hope-to-help-others>

***Construction Executive* - Generational Challenges and Opportunities in Addressing Mental Health and Suicide Prevention (November 2020)**

<https://www.constructionexec.com/article/generational-challenges-and-opportunities-in-addressing-mental-health-and-suicide-prevention>

Mental Health and Suicide Prevention

***Construction Executive* - Why and How to Communicate About Suicide Prevention (Feb 2020)**

<https://www.constructionexec.com/article/why-and-how-to-communicate-about-suicide-prevention>

Construction Users Round Table (CURT) -- 3Q feature in *The VOICE* on Suicide Prevention in the Construction Industry (September 2020)

<http://flip.matrixgroupinc.net/curt/2020/issue03/#page=22>

Construction Users Round Table (CURT) --4Q Cover Story in *The VOICE* on Mental Health in the Construction Industry (December 2020)

<http://flip.matrixgroupinc.net/curt/2020/issue04/#page=18>



Substance Use Disorders

Construction Users Round Table (CURT) – 1Q feature in *The VOICE* on Opioids and Suicide Prevention (February 2021)

<http://flip.matrixgroupinc.net/curt/2021/issue01/#page=26>

AGC of America *Constructor* Magazine – Risk of Relapse (Sept/Oct 2020)

[https://www.constructor-](https://www.constructor-digital.com/ngcs/0520_september_october_2020/MobilePagedArticle.action?articleId=1621040&app=false#articleId1621040)

[digital.com/ngcs/0520_september_october_2020/MobilePagedArticle.action?articleId=1621040&app=false#articleId1621040](https://www.constructor-digital.com/ngcs/0520_september_october_2020/MobilePagedArticle.action?articleId=1621040&app=false#articleId1621040)

Construction Users Round Table (CURT) – 2Q Feature in The VOICE (May 2020) The Human and Financial Costs of Behavioral Health in Construction.

Construction Executive – The Elephant in the Room: Tackling Alcohol and Substance Use in Construction (Sept 2020)

<https://www.constructionexec.com/article/the-elephant-in-the-room-tackling-alcohol-and-substance-use-in-construction>

Depression, Chronic Pain & Traumatic Brain Injury

Construction Executive – Understanding and Addressing Depression in the Workplace – (September 2020)

<https://www.constructionexec.com/article/understanding-and-addressing-depression-in-the-workplace>

Construction Executive - Part 1: The Causes, Comorbidities and Consequences of Chronic Pain in Construction Workers (January 25, 2021)

<https://constructionexec.com/article/the-causes-comorbidities-and-consequences-of-chronic-pain-in-construction-workers-part-1>

Construction Executive - Part 2: Alternatives to Opioids for the Management of Chronic Pain (February 1, 2021)

<https://constructionexec.com/article/alternatives-to-opioids-for-the-management-of-chronic-pain-part-ii>

Construction Executive - Dangers of Invisible Injuries. (April 2021)

<https://www.constructionexec.com/article/the-dangers-of-invisible-injuries>



Blogs on Mental Health & Suicide Prevention

Breaking the Chains of Stigma in the Construction Industry

<https://www.csdz.com/breaking-the-chains-of-stigma-in-the-construction-industry/>

The Invisible Construction Crisis: Removing Our Emotional Masks

<https://www.csdz.com/the-invisible-construction-crisis-removing-our-emotional-masks/>

The Invisible Construction Crisis: Pledge to STAND-Up for Suicide Prevention

<https://www.csdz.com/the-invisible-construction-crisis-strategies-to-address-mental-wellbeing/>

The Invisible Construction Crisis: Strategies to Address Mental Wellbeing

<https://www.csdz.com/the-invisible-construction-crisis-strategies-to-address-mental-wellbeing/>

The Invisible Construction Crisis: Why Focus on Construction Workforce Risk?

<https://www.csdz.com/the-invisible-construction-crisis-why-focus-on-construction-workforce-risk/>

Hardhat Health Safety Briefs & Toolbox Talks

Risk of Relapse (Resources for virtual recovery meetings):

<http://www.csdz.com/wp-content/uploads/2020/05/Toolbox-Talk-Mental-Wellbeing-Risk-of-Alcohol-or-Substance-Use-April-2020-.pdf>

Mental Wellbeing Resources for Veterans & Caregivers:

<http://www.csdz.com/wp-content/uploads/2020/06/Hardhat-Health-Resources-for-Veterans-Caregivers-FINAL-PDF-6-10-2020.pdf>

Domestic Violence Resources to Promote Wellbeing Among Workers

<http://www.csdz.com/wp-content/uploads/2020/07/Domestic-Violence-Resources-to-Promote-Wellbeing-Among-Workers-July-2020-.pdf>

Mental Wellbeing & Suicide Prevention Resources for Employees & Families:

<http://www.csdz.com/wp-content/uploads/2020/03/Resources-Mental-Health-Suicide-Prevention-For-Employee-Families.pdf>

Mental Wellbeing & Suicide Prevention Resources for Employers:

<http://www.csdz.com/wp-content/uploads/2020/03/Resources-Mental-Health-Suicide-Prevention-For-Employers-March-2020.pdf>

