

# 4X5

## SUICIDE PREVENTION PROGRAM

OVER 5,000 CONSTRUCTION WORKERS  
DIE BY SUICIDE EVERY YEAR.

UP TO 83% OF CONSTRUCTION WORKERS  
STRUGGLE WITH POOR MENTAL HEALTH.

### POSITIVE MENTAL HEALTH STARTS HERE



CONTACT US TO TALK THROUGH  
ANY STRUGGLES YOU MAY BE FACING.



GET MENTAL HEALTH FIRST AID  
TRAINING TO HELP OTHERS IN NEED.



CONNECT WITH FREE AND FAST  
CRISIS RESOURCES.

**CONTACT US**

**602.922.0123**

**MENTAL HEALTH FIRST AID TRAINING**

**4X5PROGRAM.ORG**

