

The Importance of Constructing A Solid Foundation for Mental Health

- Research studies demonstrate that professionals in the construction industry are at high risk for depression, anxiety, substance abuse and suicide. There is a large disparity, however, between those struggling with mental health issues and those seeking treatment. Various factors are involved as to both the higher risk and lower treatment turnout.
- The presentation will discuss these factors in more detail. The promotion of mental health is beneficial for a person's overall health, including their relationships, productivity, and longevity. Untreated mental health issues cost the U.S economy *at least* 100 billion dollars annually. This presentation will focus on ways to combat individual, workplace and cultural stigmas around mental health issues, as well as frame seeking help as a sign of strength and resilience.

Outline:

I. Why is this relevant? The Statistics Regarding the Increased Risk for Mental Health Issues (Depression, Anxiety, Substance Abuse and Suicide) among construction professionals. Discussion of symptoms and how they may manifest differently in this population.

II. Factors involved in higher risk (work hours, poor work/life balance, physical pain, high responsibility, critical consumers, perfectionism, etc)

III. Factors involved in less treatment seeking (stigma, fear of being perceived as weak, less masculine, and being less respected, medication misperceptions, no space at work to discuss, fear of losing revenue, etc).

IV. The importance of treatment of mental health issues on personal health and longevity, relationships, business productivity, economy etc.

V. Treatment modalities (General information on what therapy looks like for various problems and how medication can help)

VI. What can workplace do to promote mental health? (confidential conversations, normalizing mental health concerns as something we all deal with, provide information, have referral lists, etc).

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