



A HOLMES MURPHY COMPANY

## Selected Wellbeing Resources



**March 12, 2021**

**Cal Beyer; CSDZ, a Holmes Murphy Company**

Risk Rewarded

## **Selected Links to Wellbeing Thought Leadership**

### ***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>**

### ***Mental Health, Suicide Prevention and Wellbeing***

**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>**

**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>**

**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](https://s3.amazonaws.com/rdcms-cfma/files/production/public/SO20_46.pdf)

### ***Substance Use Disorders***

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

[https://www.constructor-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 Business Owner* -- 6 Steps to Prevent Substance Misuse in Your Workforce (Sept 2020)**

<https://www.constructionbusinessowner.com/workforce-management/6-steps-prevent-substance-misuse-your-workforce>

**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>

### ***Employee Assistance Programs (EAPs)***

***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>

### ***Depression and Chronic Pain***

***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>

