



A HOLMES MURPHY COMPANY

Selected Wellbeing Resources



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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



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

***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>

