What's Inside This Micro Moments Toolkit

Simple tools. Everyday support.

- **This Brochure**
  Start here. Learn. Take action.
- **Reasons to Live & Peer Ally**
  Write down who you turn to and why you keep going.
- **Micro-Skill Cards**
  Quick help for tough emotions.
- **Breathwork & Infinity Sticker**
  Use your sticker to reset and release stress.
- **Sentence Starters**
  Easy ways to check in with others.
- **Intentional Conversations**
  Four steps to support others.
- **Poker Chip & Hard Hat Sticker**
  Support for you and others.

In Crisis?
Scan to connect with the 988 Suicide & Crisis Lifeline. Free. Confidential. 24/7.

More Support
Scan to access MCAKC's Mental Health resource page with local tools and union-specific support.

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Micro Moments Toolkit

Small tools, built for mental health in construction

In partnership with:

Plumbers & Gasfitters Local Union 8 · Mechanical Contractors Association MCA Kansas City Est 1890 · Pipe Fitters Local Union 533 Kansas City, MO

MCA KANSAS CITY | MECHANICAL CONTRACTORS ASSOCIATION

MCAKC's Commitment

At MCAKC, we know contractor success depends on the well-being of the people doing the work, whether on the jobsite or in the office. That's why we created this **Micro Moments Toolkit**.

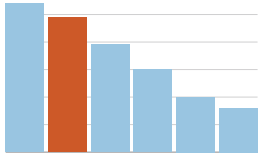
This toolkit is practical, easy to use, and built for everyday moments, offering accessible support when and where it's needed most. Every tool inside is meant to be shared.

It's part of a larger movement to bring mental health into the open—backed by research, trusted experts, and a shared belief—a stronger industry starts with taking care of each other.

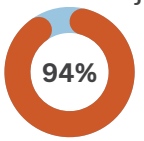
We're not waiting for change.
We're building it—together.

The Hidden Crisis in Construction

2nd-highest suicide rate of any U.S. industry.

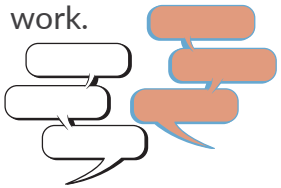


94% of construction workers feel stress on the job.

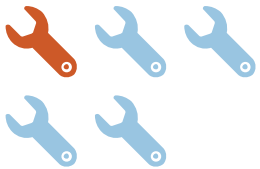


83% of construction workers have experienced a mental health issue.

Nearly 50% of workers rarely or never talk about mental health at work.

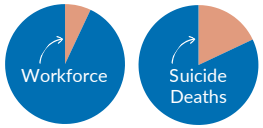


1 in 5 construction workers struggle with anxiety or depression.



Only 17% of workers say they have access to mental health resources.

Construction makes up just 7% of the workforce, but nearly 1 in 5 suicide deaths.



Sources:

eSUB Team. (2023, November 14). Construction industry mental health crisis: Statistics & solutions. eSUB Construction Software. https://esub.com/blog/construction-industry-mental-health-crisis/

Lorek, S. (2023, October 5). Mental health in construction: Stats and solutions. Trimble Construction. https://constructible.trimble.com/construction-industry/mental-health-in-construction-stats

What to Look For

We can't help if we don't notice.

Even with better awareness and training, mental health challenges often go unspoken. But that doesn't mean they're invisible.

Signs to watch for:

- Withdrawing or isolating from others
- Increased conflict, irritability, or substance use
- Missed deadlines, mistakes, or indecision
- Tardiness, absenteeism, or presenteeism (showing up but shutting down)
- Loss of focus, energy, or motivation
- Talk of feeling overwhelmed, hopeless, or numb

No matter your role—field, shop, or office—we all share responsibility for keeping each other safe, mentally and physically.

Caring for our workforce means making mental health part of the safety conversation.

Every. Single. Day.