



May is Mental Health Awareness Month

Join us for **Awareness Wednesdays**

11:30 am - 12:30 pm (EST) via Zoom

Breaking the stigma by building awareness

May 1: Hardhat Health - It's Okay to Not Be Okay

May 8: Addiction in Construction

May 15: Civility & Respect Across Difference:
Reducing Stress & Increasing Productivity in Construction

May 22: Why is Suicide So Prevalent in Construction?

May 29: Brett's Story - Lived Experience

For session descriptions, visit abcnhvt.org/mental-health

Did you know?



More than **1 in 5** U.S. adults live with mental illness.
The construction industry ranks **second** highest in
suicide rates among major industries.

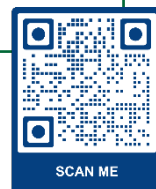
Members \$100

per company gives your entire
staff access to each week's
presentation

Non-members \$125



*In partnership with
our NH/VT chapter*



Register today by scanning the QR code, visit www.abccentralflorida.com,
or call 407-628-2070