



# PROS REPS RUGGED MIND AND BODY

PROMOTING MENTAL HEALTH  
AND WELLNESS FOR THE TRADES

PRESENTED BY

PHCP PROS

PROS REPS  
PHCP Ambassador Representatives

## Stats & Resources

Citing the Centers for Disease Control and Prevention (CDC), in June 2024 [NBC News reported](#) the **construction industry has one of the highest suicide rates among all professions**, with male construction workers 75% more likely to die by suicide than other men. It is estimated that 6,000 total construction workers died by suicide in 2022.

The [CDC compiled data](#) from 49 states to calculate suicide rates by sex for all major and detailed industry and occupational groups. Major industry groups with the highest suicide rates included Mining; **Construction**; Other Services; Arts, Entertainment, and Recreation; and Agriculture, Forestry, Fishing, and Hunting. Major occupation groups with higher suicide rates included **Construction and Extraction**; Farming, Fishing, and Forestry; Personal Care and Service; **Installation, Maintenance, and Repair**; and Arts, Design, Entertainment, Sports, and Media.

Narrowing the data down further to just plumbing and heating, **pipelayers, plumbers, pipefitters and steamfitters** are included in the “Construction” category, and **heating, air conditioning and refrigeration mechanics and installers** are included in the “Installation, Maintenance, and Repair” category, with both subcategories’ suicide rates higher than the national average as well.

We highly encourage you to read the following additional articles for more insight on these statistics:

- [Contractors shine a light on industry’s suicide problem](#) by Construction Dive
- [Behind the hardhats: High suicide rates plague the construction industry](#) by Alaska Beacon
- [Why Is the Construction Industry Facing a Suicide Epidemic?](#) by Taylor English
- [Suicide in the Construction Industry](#) by Travelers Insurance



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## What PROS REPS Ambassadors Have to Say

With PROS REPS — our rep agency specifically for influencers and brand ambassadors in the trades — our company has continued to develop more direct relationships with tradespeople out in the field this past year. Through these relationships, we were inspired to formally establish a new mission statement to ‘represent ourselves as an advocate for the trades.’

The following PROS REPS ambassadors are just some of the individuals whose stories we will be telling through PROS REPS RUGGED Mind & Body this next year:

### **Mary-Anne Bowcott, Owner, Westcom Plumbing and Gas**

"I dropped out of school at 15 and left home at barely 16. I was told I wouldn't amount to anything. I survived addiction. I almost didn't survive two abusive relationships. I started roofing. I met my love of now 17 years. I never stopped roofing, but switched to plumbing and gas after about five years. I've been in the building trades for almost 20 years, and I can honestly say that it smoothed my dark and rocky path. I surf, paint, rock climb, CrossFit, weight train, park roller skate, backpack and travel the world. I live life to the fullest."

### **Antonio Delacerda, Owner, A-Team Plumbing**

"I could tell you firsthand about some of my fellow contractors that are dealing with the stress every day either being the worker or the owner. I also hire veterans to help them transition to civilian life and run a mentor group where I talk to men and pass on the wisdom I can from a lifetime of military experience around the world."

### **Lianna Faber, HVAC Engineer**

"I always try to be honest on Instagram and have already been trying to spread awareness about life's struggles, growing up and mental health and fitness! It's so important, and it's not talked about enough!"

### **Alan Carlson, Plumber**

"Mental health matters. As someone who struggles with depression and anxiety, don't bottle that up. Find a healthy outlet. Talk to someone. There's nothing worse than struggling alone. The trades are a big family, so most of us are willing to help."



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