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New Research Shines a Light on Mental Health Risks for Men in Fishing, Mining, and Construction Industries

Insights from Workers in High-Risk Sectors Point to Practical Suicide Prevention and Mental Health Efforts that Employers Can Implement to Save Lives

DEDHAM, Mass. (April 16, 2026) – [SOS Signs of Suicide](#), a service of [Riverside Community Care](#) that provides behavioral health and suicide education programs, today released new research that examines the mental health experiences of men working in the high-risk industries of commercial fishing, mining/excavating, and construction.

National data underscores the elevated risks associated with these industries. Suicide rates in construction are [four times the national average](#); commercial fishing has a fatality rate [40 times higher than average](#); and mining is considered one of the [top five occupations](#) at highest risk for suicide. The report draws on interviews and focus groups with men working in these three sectors to better understand the specific workplace cultures, mental health challenges, and barriers workers experience to seeking help.

The study was conducted with support from men’s personal care brand [Harry’s](#) to better understand the risk of suicide, mental health challenges, and substance misuse among men in physically demanding occupations through first-hand data capturing their experiences.

“Understanding how men in these industries experience stress, isolation, and stigma is essential to building prevention efforts that actually reach them,” said Vic DiGravio, president and CEO of Riverside Community Care. “This research allowed SOS to hear directly from men working in these environments so we can better understand their experiences and identify approaches that support their wellbeing and make it easier to seek help when it’s needed.”

Workplace cultures that value toughness, grit, and emotional stoicism may discourage men from seeking help for mental health or substance-related challenges. Participants described feeling misunderstood by the public despite doing essential and dangerous work and being isolated as a result of long hours and extended time away from their families. They also pointed to practical barriers to accessing mental health

care, including difficulty finding providers who understand their work and culture and a limited awareness of the company resources that may be available.

Harry's has spent the last decade partnering with nonprofits to increase access to mental health resources, reaching over three million men to date. As a partner of SOS Signs of Suicide since 2020, they've helped reach hundreds of thousands of men through online mental health screenings and tailored resources.

“If we want to have an impact on the state of men’s mental health, we have to start by meeting men where they are and listening to what they’re telling us,” said Maggie Hureau, head of global social impact at Harry’s. “This research highlights the lived experiences of men working in mining, fishing, and construction, industries that are often overlooked, yet face some of the highest risk. We hope this lays the foundation for more tangible, industry-specific mental health interventions for years to come.”

The research also highlights the strong sense of identity and loyalty many workers feel toward their colleagues and their work. Participants frequently expressed pride in the difficult jobs they perform and the importance of supporting their fellow workers.

“Men in these industries take enormous pride in the work they do, but the realities of the jobs can make it difficult to talk about mental health,” said Lisa Desai, director of workplace consultation and training at SOS Signs of Suicide. “When prevention efforts are grounded in the lived experiences of workers and delivered in a way that resonates within their cultures, they have a much greater chance of reaching the people who need them.”

The study found that resources developed from authentic conversations resonate more strongly among men in these industries, and that using language that feels relatable and credible to them will result in more men seeking help. The insights from the study are intended to guide effective, industry-specific interventions. The recommendations include:

- Incorporating or expanding peer support trainings to help reduce stigma that often prevents workers from speaking about their stress, substance misuse, or emotional challenges, including mental health literacy and suicide prevention trainings that are tailored to each industry;
- Building on the bonds between workers to create a culture that encourages men to seek support;
- Raising awareness about employee assistance programs and mental health resources;
- Developing financial literacy training to help workers make sound financial decisions (particularly relevant in the fishing industry, which can require a major capital investment); and
- Providing counseling and support for workers after a suicide or overdose to help them process the loss.

The report, titled *Hard Work, Hard Realities: Suicide Prevention for Men in High-Risk Industries*, is available online at the following [link](https://info.sossignsof suicide.org/harrys): <https://info.sossignsof suicide.org/harrys>.

About SOS Signs of Suicide

[SOS Signs of Suicide](https://www.sosignsof suicide.org), formerly known as MindWise Innovations, provides evidence-based suicide prevention education to students from middle school through college – and to the adults who support

them. SOS also offers suicide and mental health training and educational resources to schools, communities, and high-risk industries. SOS is trusted by thousands of schools nationwide and is a service of [Riverside Community Care](#), a non-profit leader in behavioral health and human services. For more information, visit sossignsofsuicide.org.

About Harry's

Harry's is a men's grooming brand that offers high quality shave, body, hair, and skin care products at an exceptional value. Launched in 2013, Harry's redefined the shaving experience and helped pioneer the earliest era of direct to consumer in the process. Since then, the brand has become the #2 shave brand in the U.S. and expanded to offer products for every step in its customer's routine. Harry's is also on a mission to ensure guys have access to quality mental health care. To date, the brand has helped connect over three million men to quality mental health resources.

Harry's is part of Mammoth Brands, the modern CPG company. Driven by a mission to "Create Things People Like More," the company's growing family of brands—Harry's, Flamingo, Lume, Mando, and Coterie—offers exceptional products that speak to today's consumer, and as a result have become an essential part of millions of people's daily routines.

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