

James Rabe ([00:00](#)):

And why are you at NAMI Walks Your Way 2022 this year?

Gina Boldt ([00:04](#)):

So a couple years ago, Bolt realized that the construction industry has over four times, um, the suicide rate than the national average, um, general population. And so we knew we had to do something to help. So we created an internal program, our suicide prevention and awareness program that we have trained, um, people in our company to really, um, destigmatize that people need to talk and get resources for mental health.

James Rabe ([00:30](#)):

That's amazing because I, I had, well, first of all, I had no idea it was that high in the construction industry. I know that in the farming community, it's incredibly high.

Gina Boldt ([00:38](#)):

Yeah. You know, it was, it was something that we felt we needed to do. And the construction industry is hard work. It can be physical work. Um, it can also be very isolating sometimes you're traveling for your job, working long hours with stressful deadlines. You're away from your family and friends, possibly living in hotels, um, and really isolating. Right.

James Rabe ([00:58](#)):

How do the workers take advantage of it?

Gina Boldt ([01:01](#)):

So we've got, um, on our internal internet, um, there are resources on there that um they can access 24 7. We've got, um, hardhat stickers and QR codes, um, that people can access 24 7 as well. So they can actually reach out to their peers on the job site or in the office, um, to speak with someone who's trained to help get them the resources and refer them to counseling that they need.

James Rabe ([01:26](#)):

Thank you so much for doing something about it.

Gina Boldt ([01:27](#)):

Absolutely. Thank you.