



Brook Anderson

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Talk Saves Lives; Hard Hat Courage

Hard Hat Courage is the construction industry's collective commitment to saving lives by making it safe to talk about mental health every day and on every jobsite. This class explores the vital role mental health awareness plays in creating safer, healthier workplaces and reinforces the idea that mental well-being deserves the same attention and priority as physical safety.

Participants will learn about the unique mental health challenges facing the construction workforce, including the factors that contribute to one of the highest suicide rates among U.S. industries. Through evidence-informed strategies and practical resources, this course equips construction professionals, leaders, and teams with the tools to recognize warning signs, support colleagues in need, and foster a culture where open conversations are encouraged.

By building awareness, reducing stigma, and strengthening peer support, Hard Hat Courage empowers individuals and organizations to take meaningful action because **every life matters, and every conversation counts.**

Brooklann Anderson is a Prevention Community Outreach Specialist with NAMI Utah and Co-Chair of the Means Safety Workgroup for the Utah Suicide Prevention Coalition. Her work focuses on translating evidence-based suicide prevention strategies into practical, community-centered action. Anderson leads statewide efforts to expand safe firearm storage, strengthen partnerships, and improve coordination across public health, behavioral health, schools, and law enforcement. She has supported the distribution of over 600 gun safes and helped advance Utah's Safe Storage Mapping Project. With over 20 years of experience, she is known for uniting diverse partners around data-driven, compassionate approaches to suicide prevention.