

# MENTAL HEALTH SNAPSHOT: U.S. RIG & FIELD WORKERS (2024-2025)

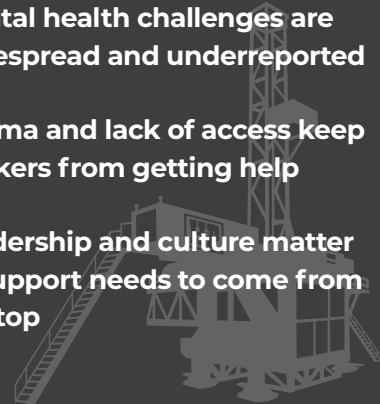


## STATISTICS\*

- ▶ 19% report psychological disorders
- ▶ 54.2 per 100,000 suicide rate
- ▶ 15% experience substance abuse
- ▶ 86% believe company culture should support mental health

## KEY TAKEAWAYS

- ▶ Mental health challenges are widespread and underreported
- ▶ Stigma and lack of access keep workers from getting help
- ▶ Leadership and culture matter — support needs to come from the top



## KEY STRESSORS\*

- ▶ Long shifts (16+ hours)
- ▶ Isolation
- ▶ Hazardous environments
- ▶ Job insecurity



## YOUR MENTAL HEALTH MATTERS – LET’S BREAK THE SILENCE!

\* Statistics Source:

[MRT - Mental health issues in oil industry cost \\$200 billion annually](#)

\* Key Stressors Source:

[Intrinsically Safe Store - Mental Health and Oilfield Workers](#)



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