

# 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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