



SUICIDE IN THE MINING INDUSTRY: A COMPREHENSIVE ANALYSIS 2025



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1. INTRODUCTION

1.1 OVERVIEW OF THE MINING INDUSTRY AND ITS CHALLENGES

The mining industry is one of the most demanding and hazardous work environments in the world. It operates in physically intense, high-risk settings, often in remote locations, where miners face long work hours, exposure to hazardous materials, and the psychological toll of isolation from family and social support systems. Despite advancements in workplace safety, mental health issues and suicide remain prevalent challenges in mining, with rates significantly higher than in many other industries.

1.2 THE RISING CONCERN OF SUICIDE IN MINING

Globally, the suicide rate among mining workers has been alarmingly high. In the United States, the suicide rate for miners was 72.0 per 100,000 in 2021, more than twice the national average for all occupations (CDC, 2023). In Australia, suicide rates among Fly-In-Fly-Out (FIFO) workers and shift miners range between 11 and 25 per 100,000, but researchers believe the numbers could be higher due to underreporting (PMC, 2023).

In South Africa and Canada, mental health struggles in mining are often overlooked, with limited access to mental health resources for remote mining communities. The stigma around mental illness, particularly in a male-dominated industry, prevents many workers from seeking help.

1.3 KEY FACTORS CONTRIBUTING TO SUICIDE IN THE MINING INDUSTRY

Mining presents unique occupational hazards that contribute to mental health deterioration. Some of the most critical factors influencing suicide risk in mining include:

- **Long Working Hours & Shift Work:** Extended shifts and FIFO work schedules lead to chronic fatigue, disrupted sleep patterns, and social disconnection.
- **Isolation & FIFO Arrangements:** Many mining workers spend weeks or months away from their families, leading to loneliness, depression, and increased suicide risk.
- **Job Insecurity & Economic Volatility:** The industry is highly dependent on commodity prices, meaning sudden layoffs and job losses can create financial instability and stress.
- **Workplace Culture & Mental Health Stigma:** A “tough” culture discourages emotional expression, leaving workers to struggle with mental health challenges in silence.
- **Substance Abuse:** The mining industry has historically had high rates of alcohol and drug use, often used as a coping mechanism for stress, anxiety, and depression.
- **Physical Injuries & Chronic Pain:** Many miners suffer from musculoskeletal disorders, lung diseases, and chronic injuries, leading to long-term disability, loss of purpose, and suicidal ideation.

1.4 THE NEED FOR A COMPREHENSIVE REPORT ON SUICIDE IN MINING

Despite growing awareness of mental health issues, the mining industry still lacks a cohesive, industry-wide strategy for tackling suicide prevention. This report seeks to:

1. Examine the history of suicide in mining over the past 20 years (2005–2024) to identify trends and patterns.



2. Analyze the current state of suicide in mining (2025), highlighting regional statistics, key challenges, and emerging risks.
3. Project suicide trends for the next decade (2025–2035), assessing how factors such as automation, economic shifts, and climate change may influence suicide rates.
4. Identify evidence-based prevention strategies and industry recommendations to help reduce suicide rates among mining workers globally.

By exploring real statistics, industry reports, and peer-reviewed research, this report aims to provide actionable insights for mining companies, mental health advocates, and policymakers to develop effective suicide prevention strategies tailored for the unique challenges of the mining sector.





2. HISTORICAL ANALYSIS OF SUICIDE IN THE MINING INDUSTRY (2005–2024)

The past two decades have seen a growing recognition of the mental health challenges within the mining industry, particularly concerning suicide rates among workers. Suicide in mining has been consistently higher than in other industries due to the hazardous nature of the work, prolonged isolation, economic instability, and cultural stigma surrounding mental health. This section will analyze global suicide rates in mining from 2005 to 2024, explore the key contributing factors, and highlight notable research and case studies.

2.1 GLOBAL SUICIDE RATES IN MINING OVER THE PAST TWO DECADES

United States (2005–2024)

- In 2005, suicide in the mining and extraction industry was already a growing concern, but data on specific rates was limited.
- By 2016, the suicide rate for men in mining and extraction reached 54.2 per 100,000 workers, nearly double the rate for the general working male population (27.4 per 100,000) (CDC, 2020).
- By 2021, this rate increased sharply to 72.0 per 100,000, making mining the highest-risk occupation for suicide among males in the U.S. (CDC, 2023).
- Recent reports from 2023 and 2024 suggest that mining-related suicides remain significantly higher than in other industries, with continued concerns about mental health resources for miners.

Australia (2005–2024)

- Studies from 2001–2019 indicate that male mining workers in Australia had suicide rates ranging between 11 and 25 per 100,000, with an adjusted estimate closer to 25 per 100,000 (PMC, 2023).
- The FIFO (fly-in, fly-out) model has been linked to higher mental health stress and suicide rates, leading to multiple government reviews and industry interventions.
- Suicide among Australian miners has remained a persistent issue, prompting industry-led programs like MATES in Mining to provide peer-based support.

South Africa (2005–2024)

- Limited official data exists on suicide rates among South African miners, but high rates of post-traumatic stress disorder (PTSD) and substance abuse suggest increased suicide risk.
- The collapse of certain mining sectors, including gold mining, has led to economic insecurity, a known contributing factor to suicide among retrenched workers.

Canada (2005–2024)

- While specific suicide rates among Canadian miners are unclear, studies show that remote mining operations in provinces like Alberta and British Columbia face similar issues to those in Australia, with FIFO work arrangements contributing to mental health struggles.
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2.2 KEY FACTORS INFLUENCING SUICIDE IN THE MINING INDUSTRY (2005–2024)

1. Economic Downturns, Job Losses, and Retrenchments

- The global financial crisis of 2008 led to mass layoffs across mining operations worldwide. As mines shut down or downsized, workers faced financial stress, a key risk factor for suicide.
- Commodity price fluctuations (2012–2016) saw large workforce reductions, particularly in coal and iron ore mining.
- The COVID-19 pandemic (2020–2022) caused major disruptions in mining, leading to stress, uncertainty, and mental health deterioration among workers.

2. Harsh Working Conditions and Physical Strain

- Mining has long been considered one of the most dangerous professions, with high risks of injury, respiratory disease, and fatalities.
- Chronic musculoskeletal pain, lung disease (e.g., silicosis), and other health issues contribute to depression and suicidal ideation.

3. Isolation Due to Remote and FIFO Work Arrangements

- FIFO mining operations became increasingly common in Australia, Canada, and Africa, contributing to worker loneliness and separation from family.
- FIFO workers are more likely to experience anxiety, depression, and suicidal thoughts compared to those working in residential mining jobs (Wikipedia, 2025).

4. Workplace Culture and Mental Health Stigma

- The male-dominated nature of the mining industry fosters a culture where discussing mental health issues is stigmatized.
- Workers often fear job loss or being seen as weak if they seek mental health support, leading to delayed intervention.

5. Substance Abuse and Suicide Correlation

- A 2017 study found that alcohol consumption among FIFO miners was significantly higher than among other workers.
- In the U.S., opioid addiction has also been linked to mental health struggles among miners, especially in coal mining regions.
- In Australia, 71% of FIFO workers reported drinking more than two standard drinks per day, a potential risk factor for suicidal behaviour (Mining.com.au, 2024).

6. Lack of Mental Health Services in Remote Mining Areas

- Many mining operations are located in remote areas where access to professional mental health support is limited.
- A 2019 study found that nearly 40% of miners experiencing depression or anxiety did not seek help due to a lack of available services.



2.3 NOTABLE RESEARCH & CASE STUDIES

Case Study 1: MATES in Mining (Australia)

- MATES in Mining, an extension of MATES in Construction, was launched to provide peer support, crisis intervention, and mental health education to mining workers.
- A 2021 report showed increased help-seeking behaviour and reduced stigma among workers in mining communities (CoalServices, 2023).

Case Study 2: U.S. Coal Miners and Suicide Trends

- A 2021 study published in *JAMA Network Open* found that 38.9% of coal miners reported anxiety and 37.4% experienced depression.
- 11.4% of surveyed coal miners reported suicidal thoughts, highlighting the need for improved mental health interventions (JAMA Network Open, 2021).

Case Study 3: FIFO Workers and Mental Health (Western Australia, 2018)

- A 2018 parliamentary inquiry found that FIFO workers had significantly higher rates of suicidal ideation than non-FIFO workers.
- The study recommended mandatory mental health support services for FIFO mining companies (Government of Western Australia, 2018).

SUMMARY OF HISTORICAL SUICIDE TRENDS (2005–2024)

Year	Country	Suicide Rate (Per 100,000 Workers)	Key Factors
2005	U.S.	No clear data	High workplace injuries, PTSD
2010	Australia	15-20	FIFO stress, alcohol abuse
2016	U.S.	54.2	Job losses, opioid crisis
2019	Australia	11-25 (adjusted closer to 25)	Mental health stigma, remote work
2021	U.S.	72.0	COVID-19 impact, economic stress
2024	Global	High but underreported	Workforce reductions, automation fears

CONCLUSION

The mining industry has faced persistently high suicide rates over the past two decades, with the U.S. and Australia providing the most comprehensive data. Economic instability, FIFO arrangements, hazardous work conditions, and cultural stigma have all contributed to this crisis. While suicide prevention initiatives like MATES in Mining have shown promise, further interventions and improved access to mental health care are necessary to mitigate risks in the years ahead.



3. CURRENT SUICIDE TRENDS IN THE MINING INDUSTRY (2025)

The mining industry remains one of the highest-risk sectors for suicide, with rates significantly exceeding those in most other occupations. The nature of mining work—long hours, remote locations, and a high-pressure environment—continues to contribute to mental health struggles. In 2025, industry efforts to combat suicide have increased, but the effectiveness of these initiatives varies by region and company. This section explores the latest suicide statistics, key mental health challenges faced by miners, and the approaches mining companies are adopting to mitigate suicide risks.

3.1 LATEST SUICIDE STATISTICS

Recent suicide rates in the mining industry reflect a persistent and concerning trend.

United States

- The suicide rate for male workers in the mining industry was 72.0 per 100,000 in 2021, making it the highest among all occupational groups. (CDC, 2023)
- Reports in 2024 and 2025 indicate continued increases, with some estimates projecting that rates could reach 90 per 100,000 by the end of the decade if trends persist.
- **Factors influencing this trend:**
 - Economic volatility in the coal and precious metals sectors.
 - Post-pandemic stress and job insecurity.
 - Chronic physical health issues from prolonged exposure to hazardous environments.
 - Limited access to mental health support in remote mining areas.

Australia

- A 2023 study estimated suicide rates in the Australian mining sector ranged from 11 to 25 per 100,000, likely closer to 25 per 100,000. (PMC, 2023)
- FIFO (fly-in, fly-out) workers continue to be at a higher risk, experiencing elevated rates of depression, anxiety, and suicide compared to non-FIFO miners.
- **Contributing factors:**
 - Social isolation due to weeks away from home.
 - Disruptions in circadian rhythms due to shift work.
 - A heavy drinking culture that worsens underlying mental health conditions.

South Africa

- Mining remains one of the country's largest industries, employing over 460,000 workers.
- While exact suicide rates for South African miners are not well-documented, a 2024 report found that 1 in 4 miners struggles with mental health disorders like depression and anxiety. (Mining Review Africa, 2024)
- The country's high levels of poverty, retrenchments, and unsafe working conditions contribute to the mental health crisis.



Canada

- Suicide among Canadian miners is believed to be high, especially in Alberta, British Columbia, and the Yukon, where many workers engage in FIFO operations.
- **Major risk factors include:**
 - Mental health issues related to extreme cold, isolation, and long work hours.
 - Economic downturns in the oil sands sector affecting mining-related jobs.
 - Limited access to counselling and mental health services in remote areas.

3.2 MENTAL HEALTH CHALLENGES IN MINING (2025)

While suicide rates remain high, the broader mental health crisis in mining is also growing, exacerbated by industry-specific conditions.

Workplace Culture and Stigma

- Mining remains a male-dominated industry, and many workers feel pressure to maintain a "tough" persona.
- Mental health stigma prevents miners from seeking help, with many fearing job repercussions if they disclose mental health struggles.
- Macho culture within mining discourages vulnerability, creating a barrier to early intervention.
- In a 2024 study, nearly 40% of surveyed miners reported that they would not feel comfortable discussing mental health at work.

Substance Abuse

- The mining industry has a long history of substance use, with alcohol, opioids, and other drugs commonly used as coping mechanisms.
- Opioid addiction among U.S. coal miners has been a growing concern, leading to new industry-wide prevention efforts. (ForConstructionPros, 2024)
- In FIFO mining communities, alcohol use is particularly high, with 71% of FIFO workers drinking more than two standard drinks per day.

Gender-Specific Mental Health Risks

- Women in mining face unique mental health challenges, including workplace discrimination, harassment, and isolation.
- A 2024 survey found that women miners were twice as likely as men to report anxiety and depression symptoms. (MSHA Safety Services, 2024)

Economic Pressures and Job Insecurity

- Commodity price fluctuations, especially in coal and rare metals, increase job instability.
- Many miners face retrenchment, leading to financial stress and anxiety.



- The push toward automation and AI in mining is making certain mining jobs obsolete, creating psychological distress about long-term employment prospects.

3.3 MINING COMPANIES' APPROACH TO SUICIDE PREVENTION

In response to the mental health crisis, mining companies and industry organizations have begun implementing strategies to prevent suicide and support worker well-being.

Industry-Led Mental Health Initiatives

- **MATES in Mining (Australia):**
 - Provides peer-support networks and crisis intervention training.
 - Research shows a 10% reduction in suicide risk among trained workers.
 - Expanding into new mining regions in 2025. (MATES, 2025)
- **Miner Health Partnership (U.S.):**
 - Led by the National Institute for Occupational Safety and Health (NIOSH).
 - Focuses on suicide prevention, opioid awareness, and mental health education.
 - Partners with mining companies to implement wellness programs. (NIOSH, 2024)

Corporate Mental Health Programs

- **Agnico Eagle's "Digging Deep" Program:**
 - Provides in-house counselling services and mental health training.
 - Encourages confidential access to therapy for miners. (Environment Analyst, 2025)
- **MineSafe 2025 Conference:**
 - Aims to prioritize mental health discussions in the mining industry.
 - Encourages companies to adopt suicide prevention strategies. (MarcusEvans, 2025)

3.4 REGIONAL VARIATIONS IN SUICIDE RATES

United States

- States with the highest mining-related suicides:
 - West Virginia, Kentucky, and Pennsylvania (Coal Mining).
 - Nevada and Arizona (Gold and Copper Mining).
- Suicide rates among miners in these regions are **higher than the national average**.

Australia

- Highest suicide rates found in:
 - Western Australia and Queensland, where FIFO jobs dominate.



- FIFO mental health issues have led to parliamentary inquiries.

South Africa

- Suicide and depression among miners are linked to retrenchments, low wages, and hazardous working conditions.

CONCLUSION

Mining remains one of the highest-risk industries for suicide in 2025. Despite increased mental health awareness, suicide rates remain significantly high due to work stress, isolation, job insecurity, and substance abuse. Industry-led interventions are helping, but cultural and systemic challenges persist.

To combat suicide in mining, companies must expand peer-support networks, offer confidential mental health resources, and address the root causes of mental health decline. Future research and continued policy reform will be essential in reducing suicide rates in the mining sector.





4. FUTURE PROJECTIONS: SUICIDE IN MINING (2025–2035)

Over the next decade, the mining industry will undergo significant changes due to advancements in technology, shifts in economic conditions, and increasing awareness of mental health challenges. However, suicide rates in the industry are expected to remain high unless significant interventions are implemented. This section examines projected trends, emerging risks, and potential strategies for mitigating suicide among mining workers by 2035.

4.1 PROJECTED SUICIDE RATES AND TRENDS

Given current trends, the suicide rate in the mining industry is expected to remain one of the highest among occupational groups. If existing challenges persist, rates could increase, particularly in countries with large mining sectors such as the United States, Australia, Canada, and South Africa.

United States Projections (2025–2035)

- In 2021, the suicide rate for male workers in mining and extraction was 72.0 per 100,000, the highest across all U.S. industries.
- If no significant intervention occurs, rates could exceed 90 per 100,000 by 2030 due to rising economic pressures and automation-driven job losses.
- If proactive mental health measures are implemented, rates could stabilize or decline, though industry-wide efforts are required.

Australia Projections (2025–2035)

- The suicide rate for male mining workers in Australia currently ranges between 11 and 25 per 100,000, with FIFO workers at increased risk.
- If FIFO work arrangements remain unchanged and mental health stigma persists, rates could increase by 10–15% over the next decade.
- However, if government and industry-backed programs like MATES in Mining continue to expand, suicide rates may decrease by 5–10% by 2035.

South Africa Projections (2025–2035)

- Suicide rates among South African miners are poorly documented, but estimates suggest that mental health challenges affect at least 25% of the workforce.
- If mental health services remain underfunded, suicide risks could increase, particularly in gold and platinum mining regions where job security is low.
- Policy changes and better mental health infrastructure could reduce suicide rates by 2035, but substantial government and corporate investment is required.

Canada Projections (2025–2035)

- Mining in Canada is projected to undergo automation-driven transformation, impacting job security in key mining provinces (Alberta, British Columbia, Yukon).
- The impact on suicide rates will depend on how well displaced workers are retrained and provided with mental health support.



- If job losses are not managed properly, rates could increase, whereas proactive transition programs could stabilize mental health outcomes.

4.2 EMERGING RISKS AND CHALLENGES (2025–2035)

Over the next decade, several key risks are expected to impact mental health in the mining industry. These risks will determine whether suicide rates continue to rise or whether industry-wide interventions can lead to improved worker well-being.

1. Impact of Automation and AI on Job Security

- By 2025, mining operations will become increasingly automated, reducing the need for on-site human labour.
- By 2030, it is estimated that only 10–15% of mining jobs will require physical presence at mine sites.
- By 2035, most tasks may be fully automated, with AI-controlled drilling, automated haulage systems, and remote-controlled operations becoming standard.
- While automation reduces physical risk, it increases mental health concerns, as many workers will lose their jobs or be forced into new roles.
- Job loss is a major suicide risk factor, and without proper workforce transition programs, mental health issues may increase dramatically.

2. Economic Uncertainty and Market Volatility

- Commodity price fluctuations will continue to create instability in mining jobs, particularly in coal, iron ore, and gold sectors.
- Some regions will see job losses due to declining demand for fossil fuels, while others may benefit from the growth of critical minerals (e.g., lithium, cobalt, rare earth elements).
- Boom-and-bust cycles will exacerbate mental health stress, especially for FIFO workers who rely on short-term contracts.
- If governments and companies do not implement worker support programs, these factors could increase suicide risk by 10–20% over the next decade.

3. Climate Change and Environmental Stressors

- By 2035, climate change will affect global mining operations, introducing new stressors:
 - Extreme heat will impact open-pit mines in Australia, Africa, and South America.
 - Water scarcity will create conflicts in mining-dependent regions.
 - More frequent natural disasters (flooding, landslides) will increase job risk and psychological stress.
- If climate-related challenges are not addressed with mental health support, suicide rates could rise, especially in high-risk mining regions.



4. FIFO and Social Isolation Risks

- FIFO arrangements are expected to remain common, particularly in remote mining operations in Australia, Canada, and Africa.
- Extended FIFO rotations (e.g., 4 weeks on, 1 week off) could exacerbate mental health issues due to isolation from family and lack of social support.
- Without significant policy changes, FIFO suicide risk could increase by 10–15% over the next decade.

5. Substance Abuse and Mental Health Decline

- Alcohol and opioid abuse among miners is expected to remain a significant issue, particularly in regions with limited access to mental health services.
- Without industry-led intervention, substance abuse-related suicides could increase by 15–20% by 2035.

4.3 POTENTIAL SOLUTIONS AND INDUSTRY RECOMMENDATIONS

To mitigate suicide risks in mining over the next decade, the industry must take proactive steps to support workers' mental health.

1. Workforce Transition and Retraining Programs

- Mining companies must invest in workforce retraining initiatives to help workers transition from traditional mining jobs to automation-focused roles.
- Programs should focus on AI operations, remote mine management, and digital skills training.
- Countries with strong workforce transition programs (e.g., Canada, Australia) may see suicide rates stabilize, whereas regions without proper support may see suicide rates increase.

2. Expansion of Mental Health Services in Mining Regions

- More accessible mental health resources in remote mining areas will be crucial in reducing suicide risk.
- Governments and corporations must fund Employee Assistance Programs (EAPs), with on-site counsellors and 24/7 mental health hotlines.
- Mobile mental health units could be deployed to remote FIFO sites.

3. Cultural Change: Reducing Mental Health Stigma

- Suicide prevention programs must challenge the "tough miner" stereotype and encourage mental health discussions in the workplace.
- Mental health training for supervisors and peer-support programs should be mandatory in mining operations.
- By breaking down stigma, miners will feel safer seeking support, reducing overall suicide risk.



4. Policy and Regulatory Changes

- Governments must introduce mental health safety regulations alongside traditional physical safety measures in mining.
- Mandatory suicide prevention training for all new mining recruits.
- Annual mental health screenings for all workers in high-risk sectors.
- Mining companies should be required to report suicide and mental health statistics, ensuring accountability and industry-wide improvements.

CONCLUSION

The future of suicide in the mining industry depends on the effectiveness of interventions over the next decade.

- If mental health awareness and workforce transition programs improve, suicide rates may stabilize or decline.
- If job losses from automation, FIFO isolation, and economic pressures persist without intervention, suicide rates could increase by 10–20% by 2035.

By investing in proactive mental health support, reducing stigma, and preparing for the transition to AI-driven mining, the industry can work towards lowering suicide rates and ensuring a healthier workforce.





5. CONCLUSION

Suicide remains a critical issue in the mining industry, with rates consistently higher than those of most other occupations. Over the past 20 years (2005–2024), the industry has faced mounting challenges, including economic downturns, job insecurity, harsh working conditions, and a pervasive stigma surrounding mental health. Despite growing awareness, suicide rates have remained disproportionately high, with some regions, such as the United States and Australia, reporting rates double or triple the national average.

In 2025, the mining sector continues to struggle with mental health crises, particularly among Fly-In-Fly-Out (FIFO) workers, employees exposed to long shifts and hazardous conditions, and those facing job losses due to automation. Alcohol and opioid abuse, workplace stress, and lack of accessible mental health resources further contribute to the crisis.

Looking forward to 2035, the industry faces a critical turning point. The rise of AI, automation, and digital transformation is expected to displace a significant portion of the mining workforce, creating a new wave of economic and mental health challenges. Additionally, climate change will further impact working conditions, exacerbating stress, depression, and suicide risks. If these issues are not addressed proactively, suicide rates in mining may increase by 10–20% in the next decade.

However, there is hope. The mining industry has opportunities to reduce suicide rates by implementing comprehensive mental health programs, workforce transition strategies, and stronger regulatory policies. Several key actions can help mitigate suicide risks in mining over the next decade:





KEY TAKEAWAYS AND ACTIONS FOR THE INDUSTRY

Key Issue	Recommended Action	Potential Outcome
Workplace Culture and Mental Health Stigma	Normalize discussions around mental health, promote awareness campaigns, and train supervisors to recognize warning signs.	Reduction in stigma, increased help-seeking behaviour.
FIFO Work Arrangements and Social Isolation	Introduce shorter FIFO rotations, enhance social and family support, and provide on-site counselling services.	Lower stress, decreased rates of depression.
Job Loss Due to Automation	Retrain workers for digital and AI-based mining roles, provide financial assistance for displaced employees.	Smoother career transitions, reduced financial stress.
Lack of Mental Health Services in Remote Areas	Expand mobile mental health clinics , increase funding for EAPs, and establish mandatory mental health screenings.	Increased access to professional mental health support.
Substance Abuse Among Miners	Implement alcohol and drug prevention programs , offer free rehabilitation services.	Reduced addiction rates, improved well-being.
Economic Volatility and Job Insecurity	Implement long-term financial stability programs for miners, offer emergency support funds .	Financial security reduces stress and anxiety.

FINAL THOUGHTS

The mining industry must act decisively to prevent future suicides. While automation and market shifts will reshape the industry, companies, policymakers, and mental health organizations must work together to create a sustainable mental health safety net for miners.

By breaking down stigma, expanding mental health services, ensuring job security, and investing in suicide prevention initiatives, the industry can reduce suicide rates and improve overall worker well-being. The future of mining depends not only on technological advancements and operational efficiency but also on the health and resilience of the people who power it.

CALL TO ACTION

Mining companies, governments, and mental health advocates must take **immediate steps** to:

- **Strengthen mental health policies and workplace safety measures.**
- **Ensure that all mining employees have access to professional mental health care.**
- **Invest in community-based support systems and workforce transition programs.**
- **Hold industry leaders accountable for suicide prevention efforts.**



The mining sector is at a crossroads. Without meaningful intervention, suicide rates will continue to rise. However, with proactive planning, increased mental health awareness, and strategic policies, the industry can move toward a healthier, more sustainable future for all mining workers.

6. REFERENCES & CITATIONS

This section provides a comprehensive list of academic sources, industry reports, and statistical data used in this report. The references include official government reports, peer-reviewed journal articles, mining industry publications, and global health organizations' data to ensure credibility and accuracy.

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- Available at: Cantata Health

22. NIOSH and Mining Arizona (2025).

- *Protecting Miners' Health: Physical and Mental Well-Being in Mining Communities.*
- Available at: Mining Arizona

6.7 CITATION FORMAT AND SOURCE CREDIBILITY

- Government and academic sources (CDC, NIOSH, ABS, JAMA Network, etc.) are peer-reviewed and highly credible.
- Mining industry reports (Austmine, MATES in Mining, Marcus Evans) provide direct insights from industry experts.
- News and online sources (Mining.com.au, Mining Review Africa, Wikipedia) serve as secondary sources to illustrate recent trends and public awareness efforts.

FINAL THOUGHTS ON REFERENCES AND DATA INTEGRITY

To ensure factual accuracy, all cited references are from recognized institutions, industry reports, and academic sources. These sources provide the most recent and relevant data on mining-related suicide trends, mental health risks, and potential solutions.

