

A Muster Point For Your Mind



The Construction Careline is a service where you can get confidential support for whatever you're dealing with. There are a lot of personal challenges inherent in working construction — challenges that impact your mental health.

The Construction Careline is a confidential, non-judgmental, free, and safe space to get support for tough challenges. Available 24/7/365

Call **503.433.7878** Today

If you are outside the state of Oregon

833.444.6020

¿Necesitas hablar en español? Llame al 503-433-7878, manténgase en la línea y lo conectaremos con alguien que pueda hablar con usted. English and Spanish-speaking counselors are available. Interpreters are provided for other languages.



lines *for* life

Construction Careline

Learn more at:

www.oregonconstructioncareline.org