

A Must-Point For Your Mind

Call **503.433.7878** Today

If you are outside the state of Oregon

833.444.6020

Help is available 24/7.



Construction Careline



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.



www.oregonconstructioncareline.org