

# Construction CareLine

## A Muster 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](http://www.oregonconstructioncareline.org)