

Feeling Off Lately?

Check in with yourself using our new online personal assessment tools.



These confidential online assessments help individuals check in on concerns related to mental health or substance use. Workers will be connected to construction-specific resources, as well as local and national mental health support services.

The five assessments focus on:

- Alcohol
- Drugs
- Anxiety
- Depression
- Gambling



Scan the QR code to learn more.

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