

Subject: Supporting Our Team with Construction CareLine

Construction work is demanding. Long hours, tight deadlines, physical demands, and time away from family can all take a toll. And not just physically, but mentally as well.

At [Company Name], we believe that looking after our people means supporting both physical and mental well-being. That's why we're sharing information about the Construction CareLine, a free and confidential resource created specifically for construction workers and their families.

Whether you're dealing with stress, burnout, relationship challenges, anxiety, substance use concerns, or simply need someone to talk to, the Construction CareLine provides compassionate, confidential support 24 hours a day.

Not sure where to start? You can also take a confidential Mental Health Assessment to check in on your well-being and learn about available resources.

We encourage everyone to save this information before it's needed and to share it with a coworker, friend, or family member who may benefit.

Just like every jobsite has a muster point in an emergency, the Construction CareLine is a mental muster point when life becomes overwhelming. Asking for support is a sign of strength, and no one has to carry the load alone.

Learn more by scanning the QR code or visiting
<https://www.oregonconstructioncareline.org/>.