

Subject: You Don't Have to Carry the Load Alone

Construction work comes with unique challenges. Long days, changing schedules, physical demands, financial pressures, and time away from home can all affect your mental well-being.

If you're feeling stressed, overwhelmed, or simply need someone to talk to, the [Construction CareLine](#) is here for you.

The Construction CareLine provides free, confidential support from trained professionals who understand the challenges that come with working in construction. Whether you're dealing with work stress, family concerns, anxiety, depression, substance use, or just having a tough day, support is available 24 hours a day.

Not sure if you need to call? Start with the confidential [Mental Health Assessment](#). It only takes a few minutes to complete and can help you better understand how you're doing while connecting you with helpful resources.

You don't have to wait until things feel like a crisis to reach out. Sometimes the best time to ask for support is before challenges become overwhelming.

Construction CareLine

- Free and confidential
- Available 24/7
- For construction workers and their families

Learn more or access support by scanning the QR code or visiting oregonconstructioncareline.org.