

Newsletter Template

Construction Work Is Demanding. Support Is Available.

Working in construction takes skill, dedication, and resilience. Every day brings new demands, whether you're meeting tight deadlines, working long hours, or balancing responsibilities at home. Those challenges can take a toll, and it's important to care for your mental well-being just as you would your physical safety.

Construction CareLine provides free, confidential support for construction workers and their families. If work feels overwhelming, life outside the job has become difficult, or you simply need someone to talk to, trained professionals are available 24 hours a day to listen and help you find the support that's right for you.

If you're unsure whether you should reach out, the confidential Mental Health Assessment is a simple place to begin. In just a few minutes, you can check in on your well-being, gain a better understanding of how you're feeling, and explore resources that may help, including Construction CareLine.

You don't have to wait until things reach a crisis point. Taking a few minutes to check in with yourself or having a conversation early can make a meaningful difference.

Construction CareLine

- Free and confidential
- Available 24 hours a day, seven days a week
- For construction workers and their families

Learn more about Construction CareLine or take the confidential Mental Health Assessment by scanning the QR code or visiting **oregonconstructioncareline.org**.