

Resource Information and Frequently Asked Questions

Construction CareLine

The Construction CareLine is a free, confidential support line available to construction workers and their families.

Staffed by trained professionals, the Construction CareLine provides compassionate, nonjudgmental support for the unique challenges that can come with working in the construction industry. Whether you're dealing with stress, relationship concerns, financial pressure, anxiety, depression, substance use, grief, or simply need someone to talk to, support is available whenever you need it.

The Construction CareLine is available **24 hours a day, 7 days a week**.

A Muster Point for Your Mind

Every construction site has a muster point. A designated place where crews regroup, reconnect, and move forward safely.

The Construction CareLine is a **Muster Point for Your Mind**: a confidential place where construction workers and their families can find support during life's challenges.

Just as a muster point provides direction during an emergency, the Construction CareLine offers a place to pause, talk through challenges, and connect with additional support when needed.

Mental Health Assessment

The confidential Mental Health Assessment is a quick self-screening tool designed to help individuals check in on their mental well-being.

The assessment takes only a few minutes to complete and provides personalized information about available resources, including the Construction CareLine when additional support may be helpful.

Checking in on your mental well-being is an important part of staying healthy, just like checking your equipment before starting the workday.

Frequently Asked Questions

Who can use the Construction CareLine?

The Construction CareLine is available to construction workers and their families.

When is the Construction CareLine available?

The Construction CareLine is available **24 hours a day, 7 days a week**, including weekends and holidays.

What can I contact the Construction CareLine about?

The Construction CareLine provides support for a wide range of personal and work-related challenges, including:

- Stress
- Anxiety
- Depression
- Burnout
- Relationship concerns
- Financial stress
- Grief and loss
- Alcohol or drug concerns
- Suicidal thoughts
- General emotional support

You don't have to be in crisis to reach out.

Is the Construction CareLine confidential?

Yes.

The Construction CareLine provides confidential, nonjudgmental support. If you choose to share information, it will only be used to help connect you with appropriate resources and support.

What happens when I contact the Construction CareLine?

You'll speak with a trained crisis intervention specialist who understands the unique challenges facing the construction industry.

They will:

- Listen without judgment
- Help you talk through what's on your mind
- Provide emotional support
- Connect you with additional resources when appropriate

Does the Construction CareLine replace counseling or therapy?

The Construction CareLine is designed to provide immediate support and connect individuals with additional resources when needed. If ongoing counseling or other services would be beneficial, CareLine staff can help identify appropriate options.

How much does the Construction CareLine cost?

The Construction CareLine is provided **free of charge** for construction workers and their families.

What is the Mental Health Assessment?

The confidential Mental Health Assessment is a simple self-screening tool that helps individuals better understand their mental well-being.

Based on your responses, you'll receive information about helpful resources, including the Construction CareLine if additional support may be beneficial.

Is the Mental Health Assessment confidential?

Yes.

The assessment is confidential and intended to help individuals better understand their mental well-being while connecting them with helpful resources.

Do I have to be in crisis to take the assessment or contact the Construction CareLine?

No.

The Construction CareLine and the Mental Health Assessment are designed to support people through everyday challenges as well as difficult moments. Reaching out early can make it easier to manage stress, strengthen well-being, and connect with helpful resources before challenges become overwhelming.

Contact the Construction CareLine

Free. Confidential. Available 24/7.

Oregon

503-433-7878

Outside Oregon

1-833-444-6020

Website

<https://www.oregonconstructioncareline.org/>

Whether you're looking for support for yourself or someone you care about, the Construction CareLine is here to help.