

Intranet/SharePoint Article

Construction Work Is Demanding. Support Is Available.

Construction takes more than physical strength. Every project brings new challenges, from tight deadlines and changing schedules to responsibilities waiting at home after the workday ends. Looking after your mental well-being is just as important as working safely on the job.

That's why Construction CareLine is available for construction workers and their families. The service offers free, confidential support from trained professionals who understand the realities of the construction industry. Whether you're working through stress, navigating a personal challenge, or simply need someone to talk to, help is available 24 hours a day.

Not Sure Where to Start?

Sometimes it can be difficult to know whether you need support or what kind of help would be most useful. The confidential Mental Health Assessment is an easy way to check in with yourself.

The assessment takes only a few minutes to complete and provides personalized feedback along with information about resources that may be helpful, including Construction CareLine.

You Don't Have to Wait

You don't have to be in crisis to reach out. Checking in with yourself, asking questions, or talking with someone early can make a meaningful difference. Support is available whether you're facing a difficult situation today or simply want to take a proactive step toward protecting your well-being.

Construction CareLine

Construction CareLine provides:

- Free and confidential support
- Access 24 hours a day, seven days a week
- Services for construction workers and their families

Visit **oregonconstructioncareline.org** or scan the QR code to learn more about Construction CareLine and take the confidential Mental Health Assessment.