



## Construction Industry Mental Health Resource Guide

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### Crisis Resources

- 988 Mental Health Crisis & Suicide Prevention Lifeline: Call or Text [988](https://www.988lifeline.org/)
- [Veterans Crisis Line](https://www.veteranscrisisline.com/) (call, chat or text) 1-800-273-8255,

### Additional Support Resources

- Mental Health America - [Free mental health screening](https://www.mhaware.com/free-mental-health-screening/)
- [NAMI Help Line](https://www.nami.org/Help-Line)
  - Call: 1-800-950-6264
  - Text NAMI to 741-741
- [NAMI Connection Recovery Support Groups](https://www.nami.org/Connection-Recovery-Support-Groups)
- [NAMI Support Groups](https://www.nami.org/Support-Groups) (for individuals or family members)
- [Substance Abuse & Mental Health Services Administration](https://www.samhsa.gov/)

### Data and Information on Mental Health

- [National Alliance on Mental Illness](https://www.namhi.org/)
- [Mental Health America](https://www.mhaware.com/)

### Substance Use Disorder & Addiction:

- [Alcoholics Anonymous](https://www.aa.org/)
- [Narcotics Anonymous](https://www.na.org/)
- [Roofers in Recovery](https://www.roofersinrecovery.com/)
- [Safe Project - No Shame Toolkit](https://www.safeproject.org/)
- [Substance Abuse & Mental Health Service Administration](https://www.samhsa.gov/)



## Tools for Stress Management and Worker Well-Being:

- [Mental Health America Tools 2 Thrive Toolkit](#)
- [Addressing the Root of the Stress Problem in Construction](#)
- [National Safety Council](#)
  - [Request a Free Opioids at Work Employer Kit](#)
- [Building Resilience: Helping Workers Handle Stress for the Long Haul](#)
- [Five Ways Construction Workers Can Deal with Stress and Anxiety](#)
- [Toolbox Talks: https://www.constructionworkingminds.org/toolbox](https://www.constructionworkingminds.org/toolbox)
- [SPANISH Resources: https://www.constructionworkingminds.org/spanish-home](https://www.constructionworkingminds.org/spanish-home)

## Self-Screening Tools

- ["Man Therapy"](#) self-screen for depression, anxiety, substance use and anger
- [Help Yourself, Help Others Screening](#)



## Suicide Prevention Resources:

- [2 Tuff 2 Talk - Suicide Prevention in Construction](#)
- [Construction Industry Alliance for Suicide Prevention](#)
- [Construction Working Minds: Suicide Prevention in the Construction Workplace](#)
- [National Action Alliance for Suicide Prevention](#)
- [National Suicide Prevention Lifeline](#)
- Construction Industry "10 Questions" for industry leaders can be found [here](#)
- Construction Industry action steps can be found [here](#)

