

WHERE TO TURN FOR HELP

Remember you are not alone and there's no need to be afraid of reaching out if you or someone you know needs help. You can start by connecting with someone you trust for advice, such as a friend, family member, coworker or faith leader. There are also plenty of mental health organizations and resources available to help you find the support you need.



Scan here for a comprehensive list of tools and resources for mental health, addiction recovery and suicide prevention.



If you or someone you know is in a mental health emergency, contact these resources to get

National Suicide Prevention Life-line:

1-800-273-8255
(Press 2 for Spanish)

Crisis Text Line:

Text HOME to 741741
(to connect with a Crisis Counselor)

Veterans Crisis Line:

(call, chat or text)
1-800-273-8255, Press 1
veteranscrisisline.net

Optum Public Toll-free Help Line:

1-866-342-6892

NAMI Help Line:

1-800-950-6264
Text NAMI to 741-741

Construction Safety Week is a time that unites us across organizations, companies, and industries as we work together to keep our fellow workers safe, physically and mentally. Please join the Inland Northwest AGC in this mission. Representing more than 375 members throughout the region, the NWAGC prioritizes the safety and health of our members, and all those in the construction industry.

Inland Northwest AGC Safety Resources:

Construction Safety Week:
www.nwagc.org/construction-safety-week

NWAGC Safety Resources:
www.nwagc.org/safety-toolbox

NWAGC Culture of Care:
www.nwagc.org/culture-of-care

Safety Director:
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WE'VE GOT YOUR BACK

MENTAL WELLNESS FIELD GUIDE: WHEN & WHERE TO TURN FOR HELP



CONSTRUCTION
SAFETY WEEK

constructionsafetyweek.com



AGC

INLAND NORTHWEST CHAPTER
THE CONSTRUCTION ASSOCIATION

“HOW ARE YOU DOING?”

This is a simple question that doesn't get asked often enough. Checking in on how others are doing on the job can really have a positive impact in the workplace. It can lead to the start of a conversation, help build trust and friendships, prevent injuries, make someone's day better, or even save someone's life.

It's nearly impossible to leave a mental health issue or personal crisis at the door when you get to work. But you don't have to. We all have days when we can feel overwhelmed, stressed, distracted or just not like ourselves. When we take the time to connect and understand the needs of our team, and ourselves, we are better able to show up to support one another and keep everyone safe. Whether you're suffering from grief, depression, substance abuse, or just having a bad day, we see you, we get you, and we're here for you.

YOU ARE NOT ALONE

Experiencing tough times or mental health issues is far more common than most think, especially in our industry. That's why it's so important that workers feel connected and supported on the job, and that they are in a safe space where they can share their struggles or reach out for help. By bringing more awareness and acceptance of mental health to our safety culture industry-wide, we can ensure that no one feels they have to face their struggles alone. Learning as much as we can about mental health is a great first step towards normalizing the conversation, breaking the stigma and keeping everyone safe.

1 in 5

construction workers struggle with anxiety, depression & other mental health issues

(Industry Research)



KNOW THE WARNING SIGNS

Recognizing the symptoms or behaviors that may be signs of a mental health issue isn't always easy, but it's an important first step in getting you or someone else the help they may need.

SOME COMMON WARNING SIGNS INCLUDE:

- Excessive worrying or fear
- Extreme mood changes
- Feeling excessively sad or low
- Difficulty perceiving reality (delusions or hallucinations)
- Confused thinking or problems concentrating and learning
- Inability to perceive changes in one's own feelings, behavior or personality
- Prolonged feelings of irritability or anger
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
- Avoiding friends and social activities
- Overuse of substances like alcohol or drugs
- Difficulties understanding or relating to other people
- Thinking about suicide
- Changes in sleeping or eating habits

Source: nami.org

