

Crisis Hotlines:

- **988 Suicide & Crisis Lifeline:** Call or text 988 anytime in the US and Canada.
- **Crisis Text Line:** Text HOME to 741741.

Online Resources:

- The [Construction Industry Alliance for Suicide Prevention \(CIASP\)](#)
- [Mental Health America \(MHA\)](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
- The Center for Construction Research and Training: [Mental Health Trends in the Construction Industry](#)

Local Support

Connect with organizations and programs dedicated to supporting construction workers' mental health:

- **Local Union MAP offices:** Offering mental health resources, confidential counseling and support services.
- [DuPage County Health Department](#)
- [Kane County Behavioral Health Council](#)
- [Kendall County Health Department](#)
- [Lake County Health Department](#)
- [McHenry County Suicide Prevention Task Force](#)
- [Will County Health Department](#)

How to Help Someone Who is Struggling

1. **Reach Out:** If you're concerned about someone, talk to them privately. Show genuine care and concern.
2. **Listen:** Let them share their feelings without judgment. Be patient and understanding.
3. **Ask Directly:** Don't be afraid to ask, "Are you thinking about hurting yourself?" Asking doesn't increase the risk of suicide.
4. **Offer Support:** Help them connect with resources like the 988 Suicide & Crisis Lifeline or an MAP.
5. **Stay Connected:** Check in regularly and let them know you care.

Build a Workplace Culture of Support

- **Promote Open Communication:** Create a culture where employees feel comfortable discussing their mental health.
- **Provide Mental Health Training:** Educate supervisors and employees on recognizing warning signs and offering support.
- **Reduce Stigma:** Challenge negative attitudes about mental health and encourage help-seeking behavior.
- **Offer Flexible Work Arrangements:** When possible, provide flexibility to accommodate personal needs.
- **Encourage Breaks and Self-Care:** Remind employees to take breaks, practice self-care, and prioritize their well-being.
- **Lead by Example:** Supervisors and leaders should model healthy behaviors and prioritize their own mental health.