



Mental Wellbeing During Coronavirus/COVID-19

Toolbox Talk: Mental Health and Suicide Prevention Resources

Note: Please maintain proper “physical distancing” of six feet or greater, in accordance with the CDC Social Distancing guidelines, while discussing this Safety and Mental Health Toolbox Talk.

With the continuing uncertainty caused by Coronavirus/COVID-19, many construction workers and their family members are feeling increasing stress, anxiety and fear. The increasing stress, anxiety and fear results from several factors:

- ✓ A worker being overloaded with too many demanding pressures
- ✓ Not being able to practice self-care
- ✓ An underlying mental health condition
- ✓ A worker not having coping skills to vent the extra pressure

Regardless of the cause of the stress and anxiety, many people can benefit by reaching out for help. Some construction workers start by reaching out to their employer or labor union to inquire about available behavioral health services, like an Employee Assistance Program that offers free and confidential services and resources.

If you're feeling stressed with Coronavirus/COVID-19, seeking help can bring you peace of mind. It is not always easy to take the first step to seek out support. However, seeking help is a sign of strength. It is important to realize that you're not alone. Help and support is only a call away.



There are two easy to use services that are free and confidential. Both are available 24/7, 365 days of the year:

1. Crisis Text Line

This service is available for people of all ages who are looking for help. To contact Crisis Text Line all you do is text "hello" to 741-741. You will quickly receive a confirmation that your message is being routed to a counselor.



2. National Suicide Prevention Lifeline

This service provides crisis intervention for people having thoughts about self-harm or who are considering taking their life. The telephone number is 800/273- 8255.



These hotlines are a great resource for construction workers and their families. Please share the hotline contact information with others in your circle of trust, especially your family and friends. You never know when someone you know might need to send a message to the Crisis Text Line or make a call to the National Suicide Prevention Lifeline. It is nice to know that someone who cares will answer the call or text when that time comes.