

Guide to Mental Health Resources

Are you or someone you know dealing with a mental health emergency? These free mental health resources offer immediate services and long-term support.



National & Local Immediate Crisis Help Hotlines

- **Crisis Text Line**: Text HOME to 741741
- **Lines for Life (Oregon)**: Call or text 988 to speak to a trained crisis counselor.
- **National Suicide & Crisis Lifeline**: Text 988 to speak with a skilled, trained crisis worker.
- **Oregon Behavioral Health Hotline**: 1-800-923-HELP (4357)
- **Veterans Crisis Line**: Dial 988 then press 1, chat online, or text 838255



Mental Health Support

- **Mental Health America (MHA)**
 - MHA serves people by providing a wide range of services and initiatives aimed at promoting mental health, raising awareness, and supporting individuals and communities in need.
- **National Alliance on Mental Illness (NAMI)**
 - The National Alliance on Mental Illness (NAMI) is a nationwide, grassroots mental health organization. NAMI offers educational programs and advocates for individuals and families affected by mental illness.
- **NAMI Helpline**: 1-800-950-NAMI (6264), text "HelpLine" to 62640, or email helpline@nami.org
- **NAMI Connection Recovery Support Groups**
- **NAMI Support Groups**
- **Substance Abuse & Mental Health Services Administration (SAMHSA)**
 - SAMHSA's National Helpline is a 24-hour-a-day, 365-day-a-year information service for individuals and family members facing mental and/or substance use disorders. Call 1-800-662-HELP (4357).



Stress & Mental Health Management for Construction Workers

- [Addressing the Root of the Stress Problem in Construction](#)
- [SHRM: Building Resilience: Helping Workers Handle Stress for the Long Haul](#)
- [Five Ways Construction Workers Can Deal with Stress and Anxiety](#)
- [Construction Working Minds: Toolbox Talks](#)



Suicide Prevention Organizations & Resources

- [Construction Suicide Prevention Partnership \(CSPP\)](#)
- [Construction Industry Alliance for Suicide Prevention](#)
- [Construction Working Minds: Suicide Prevention in the Construction Workplace](#)
- [National Action Alliance for Suicide Prevention](#)
- [988 Suicide & Crisis Lifeline](#)

This guide benefits us and our community, fostering compassion and industry support. By sharing resources, we make a positive impact and strengthen unity in construction.



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