

Guide to Mental Health Resources

If you or someone else needs support, these free resources can help. They're not just for emergencies and offer both immediate help and long-term guidance.



National & Local Immediate Crisis Help Hotlines

- **Construction Care Line:** Call us 503-433-7878 (in Oregon) or 1-833-444-6020 (outside Oregon).
- **Crisis Text Line:** Text HOME to 741741 to connect with a live volunteer Crisis Counselor.
- **Lines for Life:** 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 Alcohol & Drug Help Line:** Call 1-800-923-4357 for free and confidential support.
- **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.

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org. You can also reach the Crisis Text Line by texting MHA to 741741.

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.

There are more than 650 NAMI State Organizations and Affiliates across the country. Many NAMI affiliates offer an array of free support and education programs.

Visit their [website](https://www.nami.org/findsupport) to find your local NAMI affiliate at [nami.org/findsupport](https://www.nami.org/findsupport).

NAMI Helpline: 1-800-950-NAMI (6264), text "HelpLine" to 62640, or email helpline@nami.org

NAMI Connection Recovery Support Groups: Free and confidential peer-led support group for any adult who has experienced symptoms of a mental health condition.

NAMI Support Groups: NAMI support groups are peer-led and offer participants an opportunity to share their experiences and gain support from other attendees.

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).



Suicide Prevention Organizations & Resources

Construction Suicide Prevention Partnership (CSPP)

Website: suicide-stops-here.org

About: The CSPP unites contractors, unions, safety experts, and health partners to build a culture where mental health is part of everyday safety—offering resources, training, and more.

Construction Industry Alliance for Suicide Prevention (CIASP)

Website: preventconstructionsuicide.com

About: CIASP raises awareness about suicide risk in construction and offers resources, training, and guidance on where to get help—working toward a zero-suicide industry.

Construction Working Minds

Website: constructionworkingminds.org

About: Construction Working Minds helps the construction industry address mental health and suicide risk. Through education, resources, and leadership training, it empowers teams to recognize warning signs and foster a culture of care.

National Action Alliance for Suicide Prevention

Website: theactionalliance.org

About: The Action Alliance coordinates national suicide prevention efforts, providing strategy, research, and resources to reach people before, during, and after a crisis.

National Suicide Prevention Lifeline

Website: 988lifeline.org

About: A national, 24/7, free, and confidential service for people in emotional distress, suicidal crisis, or mental health or substance use-related concerns. You can call, text, or chat with trained counselors.

VitalCog: Suicide Prevention in the Workplace

Website: ppi.communityadvocates.net/prevention/vitalcog.html

About: VitalCog trains organizations to recognize early warning signs of workplace suicide. It equips participants with skills and tools for suicide prevention, encourages dialogue on mental health challenges, and promotes help-seeking and support.

Your Local Chapters

These websites include helpful information and contact details for support, whether it's for you or someone else.

- [IBEW Local 48 Wellness Resources & EAP](#)
- [Oregon-Columbia Chapter of NECA Resources](#)
- [NECA-IBEW Local 48 Mental Health & Wellness Hub](#)

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