



Mental Health and Suicide Prevention Resource Form

1. Are You Currently in Crisis or Need Immediate Help?

If you or someone you know is in danger or experiencing a mental health crisis:

- Call or text 988 – Suicide & Crisis Lifeline (24/7)
- Text “TALK” or “HOLA” to 741741 – Crisis Text Line
- www.988lifeline.org

You are not alone. There is help, and there is hope.

2. Resources Available to You

Emergency Support

- 988 Suicide & Crisis Lifeline – 24/7 emotional support
- Text “TALK” or “HOLA” to 741741 – Crisis Text Line
- 911 – If you or someone else is in immediate danger

Workplace & Industry Resources

Employee Assistance Program (EAP):

Company Name:

EAP Contact:

Services Offered: Counseling Legal Help
 Financial Advice Other: _____

Construction Industry Helplines & Support:

- Construction Industry Alliance for Suicide Prevention (CIASP):
www.preventconstructionsuicide.com
- American Foundation for Suicide Prevention
<https://afsp.org/>
- Veterans Crisis Line (call, chat or text) 1-800-273-8255, Press 1 or www.veteranscrisisline.net
- Man Therapy – Mental health for working men:
www.mantherapy.org
- NAHB – Mental Health Resources for Builders:
www.nahb.org/mental-wellness

Local Resources (Optional)

3. What Can Employers Do?

- Provide regular toolbox talks on mental health and safety
- Offer mental health training for managers and supervisors
- Post crisis line numbers in visible areas
- Encourage open conversations without judgment or advice
- Normalize reaching out for help

4. Notes or Follow-Up Request (Optional)

If you'd like someone from HR or Safety to check in with you confidentially, you may leave your name and preferred contact:

Name:

Phone or Email:

Best Time to Reach You:

Remember:

Strong people ask for help. Taking care of your mental health is just as important as physical safety on the job.