

Resource	Description	Contact
SAMHSA Helpline	24/7 support for substance use & mental health	1-800-662-4357 / samhsa.gov/find-help
Crisis Text Line	FREE, 24/7, confidential mental health support via text, has a WhatsApp option	Text Talk to 741741 for English Text Ayuda to 741741 for Spanish
988 Suicide & Crisis Lifeline	Immediate help for suicidal thoughts or crisis - check your access from landlines	Dial 988
Mental Health First Aid (MHFA)	Training to recognize & respond to mental health issues	mentalhealthfirstaid.org
YouTurn Health	Digital mental health & coaching platform	youturnhealth.com
The Trevor Project	Support for LGBTQ youth in crisis	1-866-488-7386 / thetrevorproject.org
MDLive	Telehealth therapy & psychiatry	mdlive.com
Alcoholics Anonymous	Peer support for alcohol addiction	aa.org
Narcotics Anonymous	Peer support for substance use recovery	na.org
American Foundation for Suicide Prevention (AFSP)	Education, advocacy, and local chapters	afsp.org
ManTherapy.org	Mental health resources designed for men, easy for construction culture	mantherapy.org
Wellpsyche	Digital mental health resources and coaching	wellpsyche.com
NIOSH – Construction Mental Health	Research & safety guidance	cdc.gov/niosh/construction
Department of Labor – Safety & Health Guidance	Mental health & workplace safety guidelines	dol.gov/general/topic/safety-health
Warmlines	A warmline is a non-emergency, confidential phone service staffed by peers—individuals with lived experience of mental health challenges—who provide emotional support and information about mental health resources.	https://www.warmline.org/
Company EAP	Confidential counseling & resources provided by employer	Check with HR