

# TOOLBOX TALK #8

## 988 Suicide & Crisis Lifeline



*Today's Toolbox Talk focuses on the 988 Suicide & Crisis Lifeline, a critical and potentially life-saving resource. In the challenging world of construction, where difficulties are abound, knowing how to access mental health support is essential. We will discuss what the 988 Lifeline is, why it matters, and how we can prioritize our well-being and support those we care about.*

### What is 988 Lifeline?

The 988 Suicide & Crisis Lifeline is a national service providing immediate assistance to individuals experiencing a mental health crisis. This free, confidential, and 24/7 lifeline connects those in need with mental health professionals who understand the challenges and can offer support.

### Why It Matters to Construction Workers

- 1. High-Stress Environment:** Construction work often involves tight deadlines, long hours, and physically demanding tasks, leading to high stress levels.
- 2. Tough Guy Culture:** The construction industry often has a stigma surrounding a "tough guy" culture, making it uncomfortable for individuals to share their challenges and be vulnerable. The 988 Lifeline offers a confidential space for seeking support without fear of judgement.
- 3. Isolation and Job Pressure:** Workers may frequently move from site to site, causing feelings of isolation and difficulty maintaining a stable support network.

### GROUP DISCUSSION:

- 1. As a crew, how can we encourage our coworkers to utilize the 988 Suicide & Crisis Lifeline when they are facing mental health challenges, despite the stigma in the construction industry?**
- 2. Can anyone share a situation where having access to immediate mental health support, like the 988 Lifeline, would have been helpful or has been successful?**

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### How 988 Lifeline Can Help

1. **Immediate Assistance:** 988 connects you with trained crisis counselors who can provide immediate support and help you navigate through a crisis.
2. **Confidentiality:** Conversations with 988 Lifeline counselors are confidential. You can share your thoughts and feelings without fear of judgment or repercussions.
3. **Professional Guidance:** The 988 Lifeline is staffed by mental health professionals who can provide guidance, coping strategies, and resources for further assistance.

### How Construction Crews Can Support

1. **Raise Awareness:** Share information about the 988 Lifeline with your team. Make sure everyone knows that help is just a phone call away.
2. **Encourage Use:** Normalize the use of mental health services. Encourage colleagues to reach out to the 988 Lifeline if they are facing challenges or feeling overwhelmed.
3. **Promote a Supportive Culture:** Foster a work culture that values mental well-being. Emphasize that seeking help is a sign of strength and resilience.
4. **Provide Resources:** Ensure that information about the 988 Lifeline and other mental health resources is readily available on the job site.

### A Collective Commitment

1. **Look Out for Each Other:** Keep an eye out for signs that a colleague may be struggling. If you are concerned, trust your gut and reach out to learn more about what may be going on. Have support resources, like the 988 Lifeline, readily available.
2. **Lead by Example:** Show that openly discussing mental health and seeking support is a positive and responsible step toward well-being. Your openness can encourage others to prioritize their mental health.
3. **Emergency Response Planning:** Incorporate awareness of the 988 Lifeline into your emergency response plans. Make it a standard part of the toolbox to ensure everyone knows where to turn in a mental health crisis.

**988 Lifeline**

**Call or Text 988**  
**Chat by visiting [988lifeline.org](https://988lifeline.org)**

*Additional resources can be found at [www.northcountrycarpenter.org/mental-health](https://www.northcountrycarpenter.org/mental-health)*