

TOOLBOX TALK #10

988 Suicide & Crisis Lifeline



Construction workers are some of the hardest-working people out there, but the industry also comes with unique challenges—long hours, physical strain, jobsite stress, and time away from family. These pressures can take a toll on mental health. Studies show that construction workers are at higher risk for depression, anxiety, substance use, and even suicide compared to other professions. That's why it is important to know the resources available to you, both on and off the job. One of the most important is the 988 Suicide & Crisis Lifeline.

What is 988

988 is a direct, easy-to-remember phone number that connects you to the Suicide & Crisis Lifeline. It's available 24/7, 365 days a year, across the United States. Calls are free and confidential.

When you dial 988, you'll be connected with trained crisis counselors who can provide immediate support, whether you're in distress yourself or calling on behalf of a friend, coworker, or family member.



What Services Does 988 Provide

- **Immediate support** for anyone experiencing emotional distress, suicidal thoughts, or a mental health or substance use crisis.
- **Connection to local resources** - counselors can guide you to support in your community.
- **Veteran-specific support** - press "1" after dialing 988 to connect directly with the Veterans Crisis Line.
- **Support for friends and coworkers** - if you notice someone struggling, you can call 988 to get advice on how to help them.

This isn't just for someone at the breaking point. You can call if you're:

- Overwhelmed or stressed and need someone to talk to.
- Having a tough time with anxiety, depression, or substance use.
- Worried about a coworker or loved one and don't know what to do.

GROUP DISCUSSION:

1. When do you think someone should call 988? Can you think of examples when it might be useful, even if it is not a "life-or-death" crisis?
2. Why do you think it is important to treat mental health emergencies with the same urgency as physical safety emergencies?

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Why Save the Number

We all carry cell phones on or off the job site. Taking 10 seconds to save 988 into your contacts can make all the difference in an emergency. You may never need it—but someone around you might. Just like we prepare for physical safety hazards, having this number ready is preparing for mental health safety.

How to Use 988

1. Dial 988 on any phone.
2. You'll hear a brief recording, then be connected to a trained counselor.
3. You can talk, text, or chat online (988lifeline.org).
4. They'll listen, provide support, and help you figure out the next steps.

Remember: *You don't need to be in a life-or-death crisis to call. 988 isn't just for emergencies or situations where you feel like you're at your breaking point. You can call about the small stuff too—stress, anxiety, feeling overwhelmed, or just needing someone to talk to. Think of 988 as a mental health “first aid” line that's there for both big and small challenges.*

Additional Resources Available

Along with 988, you also have other resources through your union and workplace:

- **Team (EAP Program):** Provides confidential counseling, referrals, and support for a wide range of personal and work-related challenges.
- **Your NCSRCC Business Representative:** They are a trusted resource who can connect you with support and point you in the right direction if you need help.
- **North Central States Regional Council of Carpenters Mental Health Resources:** Scan the QR code or visit northcountrycarpenter.org/activism/mental-health



Just like we are always looking out for each other's physical safety on the job site, we should also look out for each other's mental health. Support is out there—make sure you know how to utilize it. You are not alone. Between 988, the EAP program, your business representatives, and coworkers, **help is always within reach.**

988 Lifeline

TEAM 1-800-634-7710

Additional resources can be found at www.northcountrycarpenter.org/mental-health