

Mental Health Resources National Resources

- 988 Suicide & Crisis Lifeline – Call or text 988 anytime for confidential support.
- Buildwell Health – Virtual support and resources for substance misuse, mental health, and family support. (<https://www.buildwellhealth.com/>)
- Associated General Contractors (AGC) – Mental Health & Suicide Prevention (<https://www.agc.org/mental-health-suicide-prevention>)
- Occupational Safety and Health Administration (OSHA) – Preventing Suicides (<https://www.osha.gov/preventingsuicides/>)
- Substance Abuse and Mental Health Services Administration (SAMHSA) – samhsa.gov (<https://www.samhsa.gov/>)
- #BeThe1To – BeThe1To.com (<https://www.bethe1to.com/>)
- Construction Suicide Prevention Week – constructionsuicideprevention.com (<https://constructionsuicideprevention.com/>)
- Construction Industry Alliance for Suicide Prevention (CIASP) – preventconstructionsuicide.com (<https://preventconstructionsuicide.com/index.php>)
- University of Washington Social Work Professional Education – Forefront Suicide Prevention Training (<https://cpe.socialwork.uw.edu/forefront/login?destination=node/802/course-object/3096>)