



Toolbox Talk: **Knowing When You Need Help**

Alright everyone, let's keep this one short and to the point.

We're all good at looking out for each other on the job—spotting hazards, staying safe, watching each other's backs. But what about when something's off on the inside? Mental health matters just as much as physical safety.

If any of this has been going on for more than a week or two, it might be time to check in with someone:

- Can't sleep, having nightmares, or just feel drained all the time
- Eating way more than usual—or not at all
- Struggling to get up and get moving
- Messing up more at work, forgetting stuff
- Headaches, stomach problems, body just aching
- Always on edge, stressed, or anxious
- Not enjoying things you used to like
- Mood swings—getting mad or feeling down for no real reason
- Thinking about giving up—or worse



If that sounds like you, this isn't about "toughing it out." We all know if we have a broken leg, it won't get better on its own. We need help to heal. This is about stepping up and taking care of yourself. **Real strength is knowing when to speak up.**

So who can you talk to?

- Your partner, a buddy, someone you trust
- A doctor
- A pastor, priest, rabbi, or someone from your community
- Or someone on the crew who gets it

Don't overthink it. Just say something like:

"Hey, I've been dealing with some heavy stuff lately—and I would like to talk about it."

If the first person doesn't respond how you hoped? Try someone else. Don't quit on yourself.

Need more options?

- Call the free **NAMI HelpLine** at 1-800-950-6264 or text "**NAMI**" to 62640. Trained volunteers are here to talk and share resources for you or someone you're concerned about.
- Text "**HOME**" to 741741 for 24/7 mental health support.
- And check if the company has an **EAP (Employee Assistance Program)**—you can talk to a pro for free about mental health, financial issues, relationships, work challenges, and more. If they can't help, they can get you a referral to someone who can.

Bottom line: We want everyone here to go home safe—physically and mentally. Look out for yourself like you'd look out for your crew.