



Toolbox Talk:

Where to Go When You—or Someone Else—Needs Help

Today's talk is about having a game plan if you've got too much stress.

If someone's dealing with a mental health issue, feeling overwhelmed, or thinking about hurting themselves—we need to know what to do. Just like we'd call an ambulance for a broken leg, there are tools for mental health emergencies too.

Start with 988

Call or text **988** for the Suicide & Crisis Lifeline. Here's what you should know:

- It's **free**
- **Private**—you don't need to give your name
- Works **nationwide, 24/7**
- You get **local support** from trained crisis pros
- 98% of calls **don't involve cops or ambulances**—just real help and direction

Who's on the other end?

A trained, real human being who knows how to talk people through tough stuff. They also have support lines for:

- Veterans
- Spanish speakers
- Deaf or hard of hearing folks

When should you use 988?

- You're in a mental health crisis
- Thinking about harming yourself
- Need help with substance use
- Worried someone else is in a bad place
- Unsure if there is a crisis

When to call 911 instead:

- Someone's already hurt themselves
- There's a medical emergency or physical danger

What if it's not a full-blown crisis?

There are other solid resources just to talk stuff out:

- 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 could talk to a pro for free about mental health but also stuff like financial issues, family problems, or any other kind of stress. If they can't help, they can get you a referral to someone who can.

Final word: There's always help out there. It doesn't matter how tough you are. Everyone needs a hand sometimes. Keep an eye on yourself and your crew.

