Mental Health & Workplace Safety

For many years, it was considered taboo to talk about mental health at work and other public places. Fortunately, the stigma of talking about mental health is changing.

Two mental-health conditions that are most frequently observed in the workplace are ***depression*** and ***anxiety***.

It is important to treat mental health like we do physical health. We do not blame individuals for getting sick, so we should be accepting of individuals who may be struggling with mental-health issues.

It is important to treat all employees with respect. Our company's 24/7 safety culture is intended to build a caring culture where we look after one another. Checking-in with your crewmates to let them know you care demonstrates respect and concern for their wellbeing. Taking time to listen and being patient can go a long way toward making people feel respected and cared for.

Mental health is a personal issue, a family issue, a community issue and a society issue. This is why mental health is an important part of our 24/7 safety culture.

Mental health is increasingly being integrated into safety, health and wellness programs:

-- **Posters** have been displayed prominently in all major work areas where employees gather.
-- **Wallet cards** have been distributed for the Crisis Text Line (see below) as well as for the National Suicide Prevention Lifeline.
-- AGC has compiled a resource directory for various mental-health resources and organizations.

We want to share a great resource that is free, confidential and available on a 24/7 basis: the ***Crisis Text Line***. This service is available for people of all ages who are looking for help.

To contact the Crisis Text Line, simply text ***HELLO*** to **741741**.
You will quickly receive a confirmation that your message
is being routed to a counselor.

In Crisis?
Text HELLO to 741741

CRISIS TEXT LINE | Free, 24/7, Confidential

TOOLBOX TALK

EMPLOYEE #	PRINT NAME	SIGNATURE