

LET'S TALK

MENTAL HEALTH



How to Get Help

1 in 5 people will experience a diagnosable mental health condition in their lives, but everyone will go through a challenging time that affects their mental health.

Only 43% of adults with mental illness get treatment in a given year and the average delay between symptom onset and treatment is 11 years.

It might feel overwhelming if you are struggling and you don't know where to go for help. Thankfully, there are many places to go for support and resources.

Some signs that you might want to speak to a mental health professional are:

- Prolonged sadness or irritability
- Excessive fears, worries, and anxieties
- Growing inability to cope with daily problems and activities
- Strong feelings of anger
- Social withdrawal
- Confused thinking
- Substance abuse
- Suicidal thoughts



Recognize It
Look out for common signs and symptoms



Talk About It
Connect with someone you trust to share your concerns



Support Others
Let them know you there to listen and find help if needed



Get Help
Reach out to your doctor for support and guidance



There was nothing in particular that made me realize I was struggling. It was more an accumulation of things, but I realized I needed to get some help.

I don't know what would have happened if I hadn't spoken out about it, but I'm so glad I did. Saying the things I was feeling out loud legitimized them for me.

I stopped telling myself I was being silly or overreacting and started to treat the feelings as an illness that required healing.



Where To Look for Help:

Your family doctor

He/she can screen for mental health conditions, provide any necessary referrals, and prescribe medication.

Your employer's EAP / MAP

May offer access to counselors or provide referrals.

Insurance company

Will have a list of providers covered by your plan.

Call or text - 988
suicidepreventionlifeline.org



SIGN IN

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*Scan for mental
health resources*



HOLD ON PAIN ENDS



AGCMO
MISSOURI CHAPTER
THE CONSTRUCTION ASSOCIATION