

## Mental Health and Wellness

The Construction industry has the highest risk of deaths by suicide, likely due to a combination of factors including, “tough guy” culture, high pressure schedule/quality/budget, potential failure and shame, physical and chronic pain, prevalence of substance use disorders, lack of access to mental health care, low use of Employee Assistance Programs (EAPs), Stigma, and access to lethal means like pills and guns.

### Mental Health Resources

Sometimes our current life circumstances and stressors can affect our mental health. Many of us may not feel we're in need of a crisis hotline call, but maybe just need help coping. If someone is facing a mental health challenge, they may just need to talk to someone. There are "Warmlines" and other support lines that you can call for support and guidance before you are in a mental health crisis.

- **Warmline:** Mental Health Minnesota, **651-288-0400, Toll free: 855-WARMLINE, Text "Support" to 85511.**
- **Call 211.** 211 can help find all kinds of community resources in your area like local food shelves, medical care, paying bills, etc.
- **Suicide Hotline:** [Call or text 988](#) at any time for help. 988 can walk you through helping someone else in a mental health crisis, or they can help the person in need directly.
- **Your [County's mobile crisis line](#).**
- Call 911 if its a life saving emergency
- Use your Employee Assistance Programs: EAP has a lot of benefits for you and your family
  - Ginger Care and Ginger EAP: [gingereap.com](http://gingereap.com), Code: APi Group
  - LearnToLive: [learntolive.com/partners](http://learntolive.com/partners), Access Code: APiGROUP
- NAMI Virtual Mental Health Education for Teens



Remember: Help break the stigma, and start talking about your mental health!

- High School students with depression are more than 2x more likely to drop out than their peers.
- 59.3% of kids 12-17 who have depression did not receive any care in the last year.
- According to the National Alliance on Mental Illness (NAMI), 21% of U.S. adults experienced mental illness in 2020. That's 1 in 5 adults.
- The Construction industry has the highest risk of deaths by suicide.
- Only 4% of violent crimes are perpetrated by someone with a mental health diagnosis.
- Substance use disorders often coincide with mental health struggles, and 988 can help with that too.



## Mental & Emotional Wellness Resources

APi Group provides ALL employees access to the following mental and emotional wellness resources.

ginger



**Ginger EAP** offers extra help for handling real-world, everyday challenges. You and your family members can receive **free** and **confidential** assistance for resources, referrals, and counseling by qualified professionals – up to eight sessions per issue per year – on topics such as:

- Depression, stress, anxiety, addiction
- Family concerns, child/elder care
- Financial advice and legal concerns

Download the **Ginger app** on your phone or tablet  
call **(855)-420-0734**  
visit [gingereap.com](http://gingereap.com) use code **APi Group**

ginger



**Ginger Care** offers on-demand support for your mental health concerns through coaching and online resources. On the Ginger app, you can connect with a trained behavioral coach via text 24/7. You will be referred to a therapist or psychiatrist for scheduled video sessions if you need further care – up to eight sessions per issue per year - and you have access to resources and tools to help you manage your mental health. To start using these services:

Download the **Ginger app** on your phone or tablet  
call **(855)-420-0734**  
visit [gingereap.com](http://gingereap.com) use code **APi Group**

learntolive



**Learn to Live** is a free confidential service that provides digital self-paced programs to help improve your mental health. Check out the programs for depression, anxiety, stress & more!

Learn to Live is available for **no cost** to all employees and their family members age 13+.


[learntolive.com/partners](http://learntolive.com/partners) Access Code: **APiGROUP**

# Crisis and Mental Health Resources



1919 University Ave W, Suite 400, St. Paul, MN 55104 | Tel. 651-645-2948 or 888-NAMIHELPS | Fax: 651-645-7379 | www.namimn.org

If you or someone you know is experiencing a mental health crisis, help is available. There is hope. No matter the age or the challenges people face, help is a phone call, text, or online chat away. The following resources will help those in a crisis:

<h3>The 988 Suicide and Crisis Lifeline</h3> <p><i>Calls or texts to these numbers will connect you to a crisis center where trained crisis counselors or mental health professionals are waiting to help. The calls are free and confidential.</i></p>		
<p>call <b>988</b>                  Veterans: <b>option 1</b>                  En Español: <b>opción 2</b>                  LGBTQ+ Youth: <b>option 3</b></p> <p><i>After listening to options, there will be a pause while you are transferred to an available call center. Translation services available for 250 additional languages.</i></p>	<p><b>Text to 988</b>                  -OR-  <b>Text “HOME” to 741741</b>  <i>for the Crisis Text Line</i></p>	<p>Chat  <b>988lifeline.org/chat/</b></p> <p><i>Fill out a short survey so the counselor will know a bit about your situation, then you’ll see a wait-time message while you are connected to a counselor.</i></p>
<p><b>The Trevor Project for LGBTQ Youth:</b>  <b>1-866-488-7386</b>                  Text <b>START</b> to <b>678678</b>                  Chat  <b>thetrevorproject.org/get-help</b></p>	<p><b>Mobile Crisis Teams in Minnesota</b></p> <p><i>Every county in Minnesota has professional crisis teams that can come to you, help resolve a crisis, and link you to needed services. 911 dispatchers can connect you to your local crisis teams; it may be most effective to call them directly. Use this QR code to find your county’s crisis team phone number; record that number on page 2 and enter it into your phone’s contact list.</i></p> <div style="text-align: right;">  </div>	
<p><b>Translifeline</b>                  Support by and for the Trans Community  <b>1-877-565-8860</b></p>	<p><b>Veterans Crisis Lines</b>  <b>988 (option 1)</b>  <b>Text to 838255</b>                  -or-                  Call <b>Vets4Warriors</b>  <b>1-855-838-8255</b></p>	<p><b>Minnesota Farm and Rural Helpline</b>  <b>1-833-600-2670</b>  <b>Text “FarmStress” to 898211</b></p> <p><i>24/7 help for rural Minnesotans experiencing stress, anxiety, or depression. Trained counselors can also connect you to resources for business, financial, or legal help.</i></p>
<p style="text-align: center;"><b>CALL 911</b>  <i>if there is IMMEDIATE DANGER to you or someone else</i></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p>Stay calm and tell the dispatcher <b>“This is a mental health emergency”</b> and ask for a <b>Mobile Crisis Team</b></p> </div> <div style="width: 30%;"> <p>If a Mobile Crisis Team is not available, <b>Ask for a CIT Trained officer</b> (Crisis Intervention Team)</p> </div> <div style="width: 30%;"> <p>Be prepared to share information about mental health history, diagnosis, triggers, what has worked in the past, details of the current situation, and more.</p> </div> </div>		

## Minnesota Warmlines

Support for those struggling with their mental health but aren't experiencing a crisis or emergency. Trained Peer Support specialists give free, confidential, anonymous support and are available to talk at the following centers:

Mental Health Minnesota

**651-288-0400**

toll free **855-WARMLINE**

**Text "Support" to 85511**

open 7 days a week from **9am – 9pm**

Wellness in the Woods

Peer Support Connection

**1-844-739-6369**

Open 7 days a week from **5pm – 9am**

### National Maternal Mental Health Hotline

Free, Confidential hotline for pregnant and new moms, in English and Spanish. Talk to trained counselors 24/7 for support, understanding, and resources.

**1-833-943-5746**

### Fast-Tracker Link to Minnesota Mental Health Resources

This website provides a searchable statewide database of mental health and substance abuse services, clinics, and providers- and you can find ones that have immediate openings.

**www.fasttrackermn.org**

### MN United Way 211

A 24/7 source of health and human services information for Minnesotans. Includes food and housing support, mental health and medical resources, legal assistance, and much more.

**Call 211 or 800-543-7709**

**Text your zip code to 898-211**

### National Domestic Abuse Hotline 800-799-SAFE (7233) Text "Start" to 88788

Free, confidential, 24/7 hotline offering lifesaving tools and immediate support to enable victims to find safety and live lives free from abuse.

### Farm and Rural Counselors

Free, confidential mental health counselors for farmers and their families, funded by the MN Legislature

**Ted Matthews 320-266-2390**

**Monica McConkey 218-280-7785**

### National Sexual Assault Hotline

**800-656-HOPE (4673)**

A free, confidential, 24/7 service connecting victims with trained support specialists providing support, information, resources, and referrals in their area. Online chat available at [www.rainn.org](http://www.rainn.org)

## Local Mental Health and Crisis Resources

Use the following information to find and record contact information for mental health and crisis resources in your own community. Keep this information close at hand so that you can easily find it.

### Mobile Crisis Teams

Every county in Minnesota has mobile crisis teams made up of mental health professionals who will help people experiencing a mental health emergency wherever they are. Dispatchers at 911 call centers should connect you; it may be easier to call your county's crisis team directly. To find the phone number go to [bit.ly/MN-Crisis-Response](http://bit.ly/MN-Crisis-Response) and scroll down to find your county's crisis phone number. Some counties have separate numbers for children's and adult services.

Your county's Mobile Crisis Team phone #

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Your county's Children's Mobile Crisis Team phone #  
(if different)

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### Other Important Phone Numbers

Nearest Hospital:

\_\_\_\_\_

Nearest Psychiatric Hospital:

\_\_\_\_\_

Doctor's Name and Phone #:

\_\_\_\_\_

\_\_\_\_\_

Mental Health Provider's Name and Phone #:

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\_\_\_\_\_

**NAMI Minnesota Helpline** for non-emergency mental health information, resources, education, classes, and support, call and leave a message at **1-888-626-4435** or email [namihelps@namimn.org](mailto:namihelps@namimn.org)