

# Mental Health Awareness: How to get help when you need it most



Even the strongest individuals may struggle; you're not too tough to get **free, confidential** help for **mental health or addiction issues**.

## Utilize these union-provided services

- Mental Health Consultants (MHC)
- Carpenters Who Care
- GBCA Toolbox Talks



## Philadelphia Area Union Carpenters Mental Health Resources and How-to Guide

### Carpenters Who Care

Carpenters who care provides a network for carpenters with addiction to anonymously connect and provide support. To access the addiction support system take the following actions:

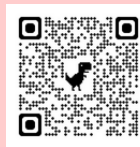
1. Contact Joseph Scaletti: **(609) 577-3947**
2. Receive a Zoom link to attend anonymous meetings



### Mental Health Consultants

To access the mental health resources on MHC, take the following actions:

1. Call MHC at the number: **1 (800) 255-3081 OR (215) 343-8987**
2. Choose option 1 to speak with an MHC Care Manager
3. Provide the Care Manager with essential information (asked by them) to find the next course of action
4. Receive a referral based on your unique needs



### GBCA Toolbox Talks

All union members and contractors have access to GBCA's library of free, mobile-friendly Toolbox Talks: [gcba.com/toolboxtalks](http://gcba.com/toolboxtalks).

Access or download the toolbox talks to get information about construction safety, mental health and addiction issues.

