

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

- Member Assistance Program (MAP)
- Mental Health Consultants (MHC)
- Carpenters Who Care
- Yinz Good?
- Youturn Health



Pittsburgh 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**
1. Choose option 1 to speak with an MHC Care Manager
2. Provide the Care Manager with essential information (asked by them) to find the next course of action
3. Receive a referral based on your unique needs



Yinz Good?

All union members and contractors have access to the resources available on www.yinzgood.com.

From there, you can access websites like Youturn that provide supplemental information and get assistance with mental health or addiction issues through infographics, Tool, Box Talks and the suicide and crisis lifeline- **988**



Youturn Health

To sign up for Youturn Health's resources, should your employer be participating in the services, take the following actions:

1. Go to the website: www.youturnhealth.com/register
2. Fill out the form (name, email, password, username)
3. Enter the registration code (supplied by participating contractor if you have questions about your coverage, call Youturn health admissions at **(888) 520-1868**



Member Assistance Program (Lytle EAP)

To access the mental health resources on Lytle EAP, follow the steps below:

1. Go to the website: www.lytleep.com
2. Click "Member Portal"
3. Click the "Log in to member portal"
4. Click the "sign up" button and enter the company code: carpenters
5. Create an account with a username and password

