



## Total Worker Health

This toolkit includes resources to help workers address addiction, stress, and mental health issues that can lead to further injury or death.



## Resources

- Workplace Guidelines to Prevent Opioid and Substance Abuse for the Construction Trades:
  - <http://www.opioidsandconstruction.com/>
- As of July 16, 2022, dialing or texting 988 from anywhere in the US will connect the user to the 988 Suicide and Crisis Lifeline. This easier-to-remember number can be used in addition to 800-273-TALK.
  - For more information, visit: <https://www.samhsa.gov/find-help/988>
- CPWR Mental Health and Addiction Resources:  
<https://www.cpwr.com/research/research-to-practice-r2p/r2p-library/other-resources-for-stakeholders/mental-health-addiction/>
- OSHA Information Hub for Preventing Suicides in Construction:
  - <https://www.osha.gov/preventingsuicides>
- [Mental Health Promotion & Suicide Prevention White Paper for HR Professionals & Employment Lawyers](#)
- Feb. 22 Webinar, Session 1: "We Have a Problem. ... Help!"
  - [Watch video replay](#)
  - [View presentation slides](#)
- March 30 Webinar, Session 2: Reframing Behavioral Health Treatments to Reach Workers & Families
  - [Watch video replay](#)
  - [View presentation slides](#)
- 2023 National Work Zone Awareness Week Webinar "Addressing the Emotional Needs of Workers Post-Incident" Resources:
  - [Watch video replay](#)
  - [View presentation slides](#)
  - [www.drivesaferwa.org](http://www.drivesaferwa.org) – USI website with Work Zone Safety info, Social media toolkit, Construction work zone safer driving pledge
  - [Give 'em a brake | WSDOT \(wa.gov\)](#) – WSDOT- National Work Zone Awareness Week information.
  - [Work zone safety | WSDOT \(wa.gov\)](#) – WSDOT Work Zone Safety tips & resources
  - [Stress Response Guide](#)



## Posters

- Suicide Prevention: 5 Things You Should Know
  - [English](#)
  - [Spanish](#)