

YOU DON'T HAVE TO HANDLE IT ALONE.

Mental health [struggles](#) can affect any of us,
our coworkers, our families, and the people we care about.

CALL OR TEXT 988

The 988 Suicide & Crisis Lifeline is available 24/7.



FOR YOURSELF

When you're struggling
and need someone
to talk to.



FOR SOMEONE ELSE

When you're worried about
a coworker, friend, family member,
or loved one and aren't sure
how to support them.



YOU DON'T HAVE TO WAIT FOR
AN EMERGENCY TO REACH OUT.

Free. Confidential. Available 24/7.



WORKING PEOPLE LOOK OUT FOR ONE ANOTHER.



AFL★CIO
MINNESOTA'S UNIONS