



# YOU ARE NOT ALONE. THERE IS HELP.



If you or someone you know is struggling with mental health issues or battling drug and/or alcohol addiction, please do not hesitate to use the resources below.

**Suicide Prevention: 800-273-8255 (TALK)**

**Addiction Help: 800-563-4086**



[ctconstruction.org/OpioidStandDownWeek](https://ctconstruction.org/OpioidStandDownWeek)