

LABORERS
WHAT'S UNDER YOUR
HARD HAT
YOU'RE IMPORTANT



Don't be afraid to talk, people care.

UNDER YOUR HARD HAT

DON'T BE AFRAID TO TALK, PEOPLE CARE.

MENTAL HEALTH SELF-ASSESSMENT

1. Have you ever experienced a trauma that has impacted you?
(Examples may include but aren't necessarily limited to:
death of a loved one; divorce and/or relationship issues;
or significant financial or legal crisis.)
2. Do you regularly suffer from feelings of anger, anxiety, or nerves?
3. Have you experienced a week or longer of lower-than-usual interest
in activities that you usually enjoy? Examples might include work,
exercise, or hobbies.
4. Have you ever had thoughts of self-harm?
5. Are you feeling anxious or experience discomfort
when around others?



If you answered 'yes' to any of these questions, make the call today to **Sand Creek Employee Assistance Program**. This is a free and confidential benefit offered to you through the **Minnesota Laborers Benefit Fund**. **Don't wait! You're important!**

Call us today at **888-243-5744**