

Don't Neglect Safety on the Inside

Protect What's Under the Hard Hat

Your mental health is just as important as your physical health. Our employees and their family members have free access to BuildWell Health, a confidential virtual program to get support for stress, anxiety, depression, substance use, or suicide.

How to Get Started

BuildWell Health is a confidential, virtual program to help with stress management, depression, anxiety, substance use, and suicide. It's available at no charge to employees and their families.

Online Learning

Access to Youturn Health's virtual library with 35+ courses and over 300+ individual lessons on mental health, stress management, substance use, and suicidal ideation.

Peer Coaching Support Phone Line

Get confidential support for your questions on mental health and get direction for additional guidance if needed. Call **844-968-8876** to get started. The support line is available from 10am-12am ET every day.

Family Support

Recovery is easier when you have support, so your family members have access to the online video library and peer coaching support line at no extra cost.



To Enroll: Scan the QR code to view Youturn Health's online video library. The registration code is "AGCoc".

Is BuildWell Health right for you and your family?
REACH OUT TO LEARN MORE



BuildWell Health
SAFETY ON THE INSIDE

BuildWellHealth.com

*We Focus On Safety on the **Inside***