YOU ARE NOT ALONE

WORKER MENTAL HEALTH · WELLBEING · RETIREES

Memphis & West TN Central Labor Council, AFL-CIO

Burnout. Forced overtime. A death on the line. An injury that changed everything. A quiet house after forty years of noise. Working people carry it and call it toughness. Help is free, it is private, and it is awake right now.

CALL OR TEXT — 24 HOURS A DAY

988

Suicide & Crisis Lifeline — call or text

Press 0 for a local counselor. Veterans press 1.

Text HOME to 741741

Crisis Text Line

If you would rather type than talk.

855-274-7471

Tennessee Statewide Crisis Line

855-CRISIS-1. Can send mobile crisis to you.

901-577-9400

Alliance Healthcare — Memphis & Shelby

Walk-in: 3200 Broad Ave, Memphis 38112.

FOR RETIREES & OLDER MEMBERS

1-888-670-1360

Friendship Line — Institute on Aging

For adults 60+, people with disabilities and caregivers. Not only for emergencies — you can call just to talk, and they will call you back on a schedule.

ASK YOUR STEWARD ABOUT YOUR EAP

Many contracts already pay for confidential counseling — for you and your family. Most members never find out it was there. One phone call to the hall settles it.

If someone is in immediate danger: call 911 and ask for a CIT officer by name.

Hard of hearing? Dial 711 for a relay operator to reach any number on this sheet.

Every number verified. More help, your rights and a guide for stewards:

laboreducation.org/worker-mental-health

Information only — not medical or legal advice. This Council does not operate a crisis line.