



Strong Women Ask For Backup

Mental Health Crisis Support for Women in Construction

- You show up.
- You push through.
- You carry your weight — and sometimes everyone else's.
- But if you are overwhelmed, hopeless, or thinking about hurting yourself — **that's not something you power through alone.**

Say It Straight

You can say:

- "I'm not okay."
- "I need help."
- "I don't feel safe being alone."
- "Can you stay with me for a bit?"

That's strength, not weakness.

Immediate 24/7 Support

Call or Text 988

988 Suicide & Crisis Lifeline

Free. Confidential. Available anytime.

If you are in immediate danger, call **911**.

Local Crisis Support

Travis County (Austin)

Integral Care

24/7 Crisis Helpline: 512-472-HELP (4357)

Emergency psychiatric services available.

Williamson County

Bluebonnet Trails Community Services

24/7 Crisis Line: 800-841-1255

Emergency Rooms (24/7)

- St. David's Medical Center
- Ascension Seton Medical Center Austin
- Austin State Hospital

You can walk in and ask for help.

Real Talk

Construction is demanding.

Being one of the only women on site can be isolating.

Add family pressure, money stress, health issues — it builds up.

Your mental health is safety.

Your life matters more than any deadline.

If you need backup — ask for it.

