



**If you are having trouble with substance abuse or mental health issues, including thoughts of suicide.**

**YOU ARE NOT ALONE, WE ARE HERE TO HELP!**

**Please call Brother Bruce Simpson (Sagrod) at 289-230-0863. He is a trained, compassionate and an upstanding member of our local.**

**(Certified in Applied Suicide Intervention Skills Training & Mental Health First Aid)**

**We are Ironworkers helping Ironworkers.**



Mental Health  
Awareness

