



ADDICTION CAN BE A HEAVY LOAD TO CARRY

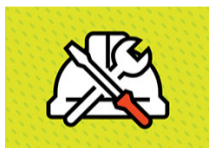
Helping men in trades who are impacted by substance use

Addiction and overdoses impact our industry more than others. It is important that we talk about it and what it means for men in trades.

Since 2016, around three out of four opioid-related deaths were men and 30-50% of those employed worked in trades at the time of their death.

As you know, physically demanding jobs can come with pain, injury and stress. This often leads to using substances like drugs or alcohol to cope. People who use drugs may not reach out for help when they need it because they fear they will be judged, get in trouble or be seen as weak. In fact, we know it takes strength to ask for help.

To bring awareness to this issue and help those who may be afraid to reach out for help when they need it, Health Canada has developed *Ease the Burden*, an initiative that includes information on:



Why this issue impacts men in trades



How to get help with substance use



What stigma is and how to reduce it



How to help those impacted

To learn more and access available resources for workers, employers and others in the industry, please visit

Canada.ca/EaseTheBurden



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