



# IT TAKES STRENGTH TO ASK FOR HELP.

**Men working in trades are more impacted by substance use and addiction.**

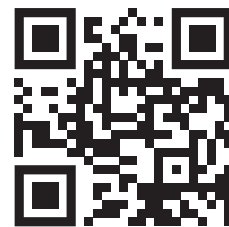
- 3 out of 4 opioid-related deaths are among men
- Working in trades can come with pain, injury and stress
- Some may use substances to cope
- Some may avoid asking for help and risk being judged

**See how you can help or get help at  
[Canada.ca/EaseTheBurden](https://Canada.ca/EaseTheBurden)**



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