



ADDICTION CAN BE A HEAVY LOAD TO CARRY

Helping men in trades who are impacted by substance use

Since 2016, around three out of four opioid-related deaths were men and those in trades are more impacted by substance use and addiction than in other industries.

Working in trades can come with pain, injury and stress. This can lead to using substances to cope. Some avoid asking for help because they fear being judged.

It takes strength to ask for help.

Ease the burden. We can all reduce stigma so that more people feel safe asking for help.



ACCESS RESOURCES FOR YOURSELF
OR TO HELP OTHERS AT

Canada.ca/EaseTheBurden



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