

Resource Guide

100% PRIVATE, 100% FREE*

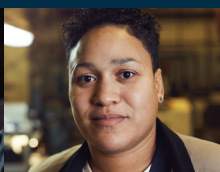
for workers in the unionized
trades and technical industries



BUILDSTRONG



You are not alone.



1 in 3

of us will struggle
with substance use.

1 in 2

of us will experience
mental health issues.

Hundreds

of workers and their families benefit from
our FREE* services and treatments each year.

*Our services are free at point-of-care thanks to the support of the
Construction Labour Relations Association of BC (CLR) and BC Building Trades.

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The therapy I've received here has
not only improved my personal life
but also positively impacted my
relationships and work environment.
For anyone hesitant to seek help,
I would say, do it!"

- Kyle, IBEW L. 213 Member

A conversation can help save a life.

Odds are that you or someone you know may be struggling
with substance use and related mental health. You can help
by talking openly about drug and alcohol use, and issues like
stress, depression, anxiety, PTSD and suicidal thoughts.

Plus, get a free naloxone kit for your workplace, find
drug-free pain relief options, and learn about the FREE*
treatment available to you, your crew, and your family.

Visit BuildStrong.org or call 1-888-521-8611

SUPPORT LINES

BuildStrong: Private, Industry-led Treatment and Support for Substance Use & Related Mental Health
1-888-521-8611

Suicide Crisis Helpline (24/7)
9-8-8

Medical Support Line (24/7)
811

310 Mental Health Support
(no area code) 310-6789

BC Mental Health & Addiction Info Line
1-800-661-2121

National Overdose Response Service (NORS)
1-888-688-6677

ONLINE RESOURCES

BuildStrong.org

Access services including 1-on-1 clinical counselling, bed-based treatment, drug-free pain relief support, naloxone kits, and help with accessing housing, medical, and financial resource support.

The BuildStrong App

Access a list of Toolbox Talks, Self-Assessment tests, direct connections to support lines, and a “Use Alone Timer” to help reduce the risk of overdose.

TowardTheHeart.com

Part of BCCDC’s Harm Reduction Services, offering harm reduction services including safe and sterile supplies, education and peer support.

OPIOID-FREE PAIN RELIEF

Looking for relief from chronic pain? A variety of proven, effective opioid-free alternatives like MyoActivation®, Yoga, and Physiotherapy are available.

91% of workers who attended a BuildStrong Opioid-Free Pain Clinic (OFPC) experienced reduced pain and enhanced mobility. Call 1-888-521-8611 to learn more.

STEPS FOR SAFER SUBSTANCE USE

- ▶ Safe site
- ▶ Never alone
- ▶ Start low, go slow
- ▶ Know what you’re using
- ▶ Use clean gear
- ▶ One at a time, and carry a kit

Spread the word and stop the stigma.

Even if you don’t need this guide, there’s a good chance you’ll know someone who will. Please keep it in your wallet or car for when it might be needed, leave it somewhere to be discovered, or pass it along to someone who could use a little support.

Above all, try to talk more openly about drugs, alcohol, and related mental health. Help stop the stigma in our industry, and you just might help save a life.