

MEN AT RISK IN TRADES & INDUSTRY

Hidden problems, hidden costs

In Canada, mental health problems account for more time off work than heart disease, accidents or cancer.

Yet the extent of this health problem can remain hidden, jeopardizing health and safety.

People in our region working in trades and industry face unique challenges that can put them at high risk for stress and other disorders.

Effects on health and safety

Increased absenteeism, more accidents, difficulty concentrating, slower reactions, and increased use of drugs, alcohol, or medications are just a few.

How is stress a factor?

If stress gets out of control or lasts too long, it can have a negative effect on a person's ability to cope. This may lead to depression.

One employee's thoughts: "People think that trade workers have it made – that the job is a sure thing. But with technology breathing down your neck all the time and regular layoffs, you have to fight to perform well enough to keep your job. It can get to you after a while."

Barriers to seeking and getting help

Men in particular try to mask or bottle up their problems. They fear that they will be perceived as weak or that they can't handle the job. Pride and feelings of shame hold them back.

People may hesitate to help because they are worried they will say something wrong or they feel it's none of their business.

You're already familiar with the stressors:

Working long hours, away from home, or shift work;
Company downsizing or cutbacks;
Pressure to produce greater results with fewer resources;
Relationship breakdown.

**If you need help now:
Mental Health Help Line 1-877-303-2642
Alberta Ag-Info Centre 1-866-882-7677**

Mental Health Clinics
Call for an appointment or to ask about walk-in hours in some clinics.
Grande Prairie: 538-5160 covers Grande Prairie, Beaverlodge, Fox Creek, & Valleyview (or toll-free through the RITE Line 310-0000)
Grande Cache: 827-4998 **Fairview:** 835-6149 **Peace River & Area:** 624-6151

Help can make a difference.

When people do not seek help, they are at risk of depression, or, in the worst case, suicide. Yet most people with depression can be successfully treated. Depression is an illness, NOT a weakness.

Alarming statistics

Over a 10-year period, the highest number of suicides in this area was in the trades and industry sector.

Men accounted for 88 percent of all suicides. In Alberta, suicide is a leading cause of injury death, some years the highest-ahead of motor vehicle fatalities.

We can help you . . .

Our presentation will:
Help people recognize warning signs and symptoms of depression and suicide;
Identify simple ways to help;
Improve employees' understanding of stress and depression;
Reduce stigma in your workplace.

Want to know more? Call for a presentation

There is no charge. The presentation takes a minimum of 30 to 40 minutes. We can attend during a staff or safety meeting or lunch break.

FOR MORE INFORMATION OR TO BOOK A PRESENTATION, CALL:

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Men at Risk Coordinator

MEN AT RISK is a project delivered by community & regional partners:

- Grande Prairie & Area Safe Communities
- PACE
- Peace Country Health
- Suicide Prevention Resource Centre & Corporate, Community and Individual Donors