



'TAILGATE TOOLKIT'

Getting teams Connected,
Supported and Aware





- Free Education – Bringing awareness to mental health, substance use & pain management in construction, trades, transport & forestry
 - Partnered with RCAs across BC



Here's some Feedback & Answers

During our interviews with industry members, we heard stories of...

- Self-Medicating for **Physical Pain***
 - A Work-Hard-Play-Hard Culture
- Negative Expectations of **Masculinity & Toughness***
- Lack of Self-Worth Preventing Help-Seeking
- Negative **Mental Health** Due to **Stress, Isolation, Personal Hardship***
 - **Stigma, Judgement, Shame & Fear**
 - The Need for Employers to Step In
 - Employers Who Did Not Know How to Help

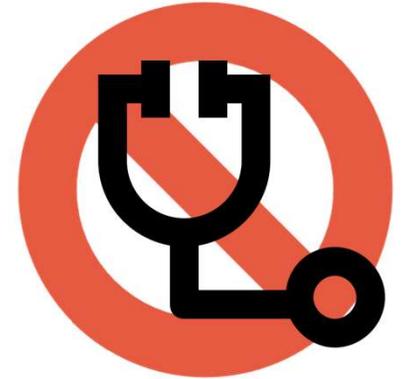
What can we do, together?



ON AND OFF THE JOBSITE

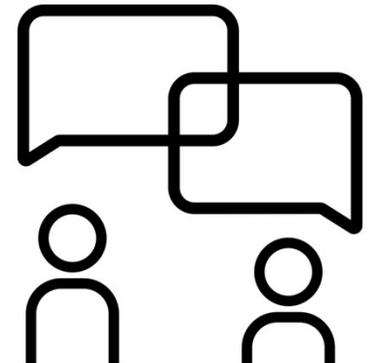
WE ARE NOT:

Psychologists, therapist or councilors
Do not attempt to diagnose anyone



WE ARE CAPABLE OF:

Listening to others
Offering support & Checking in with others
Referring to services
Being compassionate
Being Available & encouraging self care
Addressing stigma within the workplace



Physical Tools



Knowing your community,

- Having physical brochures, lists, ads, signs for the community resources
- Signage reminding teams about their support within the company

Knowing your benefits,

- Making sure that the teams know what is included in their benefits
- Reminding them during the year to use the benefits
- Are their families linked in? could they benefit?

Being present as a leader – we might not have the time all the time, but a leader finds time check in, visits sites, get the “low down” on what’s going on within their teams.



Mental Tools

Being open and non judgemental

Active Listening

Being aware of your verbal and non verbal cues

Non confrontational

Compassionate and adaptable

As leaders we must recognize that the workplace is often the most significant source of connection for employees. Also, a place to provide education, support and prevention.

Pain Resources



Pain Support Line
1-844-880-7246

Alternative Healthcare
Provider Recommendations

Pain Support
Groups

Recovery Coaching
including navigating
WCB

The Pain experts! ALL OF CANADA!



BETTER STARTS HERE

FOR MEN. ABOUT MEN.

HEADS UP GUYS

HeadsUpGuys is a men's mental health resource offering practical self-care tips, screening tools, self-guided courses, inspirational recovery stories, an international Therapist Directory, along with guidance on how to support the men in our lives.

For the first time in History..

We have 5 generations of
Tradesmen/women
working at the same time..

How do we teach, adapt
and/or compromise?

