

# IMMEDIATE SUPPORT LINES

 Available 24/7, free, and confidential:

- **Distress Centre Calgary:**  
Provides 24/7 crisis support. 403-266-HELP (4357)
- **Alberta Mental Health Helpline:**  
Provides mental health support and resources. 1-877-303-2642
- **National Overdose Response Service (NORS):**  
Stay safe when using alone. 1-888-688-6677
- **First Nations and Inuit Hope for Wellness:** Offers culturally sensitive mental health services for Indigenous people. 1-855-242-3310
- **Talk Suicide Canada:**  
Provides crisis intervention and suicide prevention support for individuals in distress across Canada. 1-833-456-4566 (24/7) | National service Website: talksuicide.ca

 **Online Tools:**  
Tough jobs demand tough minds

- **Headversity - SOLO**  
Training within Headversity to stay focused, resilient, and ready anytime, anywhere.
- **LIFE GUARD App:**  
Alerts responders if you don't respond after taking a substance.
- **MEN&:** Online platform with mental health tools, resources and support, designed specifically for men. Website: menand.ca

**Headversity**



# HARM REDUCTION STAYING SAFE

If you're not ready to stop using, harm reduction can help keep you safe.

## SUPERVISED CONSUMPTION SITES

- **Sheldon M. Chumir Health Centre – Safeworks:**  
1213 4 St SW, Calgary | 403-955-6200
- **Calgary Alpha House – Mobile Outreach:**  
403-234-7388

## DRUG CHECKING SERVICES

- **Mail-in Testing:**  
www.getyourdrugstested.com

## CLEAN SUPPLIES & NEEDLE EXCHANGE

- **Safeworks – Safe Consumption Site:**  
1213 4 St SW, Calgary | 403-955-3380
- **SafeLink Alberta – Harm reduction supplies:**  
1944 10 Ave SW, Calgary | 403-508-2500  
Drop-in: Mon, Wed, Thurs & Fri, 1 PM – 4 PM

## VIRTUAL HARM REDUCTION SUPPORTS

- **National Overdose Response Service (NORS):**  
Peer-supported virtual overdose response. 1-888-688-6677
- **Digital Overdose Response System (DORS):**  
App-based virtual overdose monitoring  
Website: www.dorsapp.ca



### FINAL MESSAGE

Whether you're looking for recovery, harm reduction, or just someone to talk to, the Tailgate Toolkit can help. Visit [thetailgatetoolkit.ca/calgary](http://thetailgatetoolkit.ca/calgary) for more resources, or email us at [tgtk@cgyc.ca](mailto:tgtk@cgyc.ca)

You have the strength to handle challenges, getting help is just another part of that.



# 'TAILGATE TOOLKIT'

## Support for Construction and Trades Workers

*"You're Not Alone."*

The job is demanding. Long physical hours and stress can take a toll. If you're feeling burnt out and struggling to cope, help is available.

Tailgate Toolkit provides free insight and resources for mental health, pain management, addiction and recovery shared with teams on site.

# UNDERSTANDING THE CRISIS IN OUR INDUSTRY

In 2024, there were 1,144 drug-related deaths in Alberta, and over half worked in construction or trades. This crisis is fueled by chronic pain, mental health struggles, and a work culture where using substances can feel easier than speaking up. But real strength comes from getting support.

These challenges exist not just in Alberta but across Canada and worldwide.

Support is here, it's confidential, and it works.

(Source: Alberta Substance Use Surveillance System, 2021 & 2024)

## SUPPORT GROUPS

Talking to others who've been through it can make a difference:

- **Hammer Time:**  
An in-person, 12-week rotating support group for trade workers. Held on Thursdays from 7:00pm–8:00pm at the Calgary Construction Association.
- **12-Step Programs (AA, NA, CA, CMA):**  
Find a meeting at [www.aa.org](http://www.aa.org), [www.na.org](http://www.na.org), [www.ca.org](http://www.ca.org)
- **SMART Recovery:**  
Practical tools for recovery [www.smartrecovery.org](http://www.smartrecovery.org)
- **Dharma Recovery:**  
Peer-led support with mindfulness-based practices [recoverydharma.org](http://recoverydharma.org)

## MENTAL HEALTH AND COUNSELLING SUPPORTS

### Reach out for mental health support and counselling:

- **Access Mental Health Calgary:**  
Assessment and connection to services.  
10101 Southport Rd SW, Calgary | 403-943-1500
  - **Calgary Counselling Centre:**  
Counselling for individuals, couples, and families.  
105 12 Ave SE, Calgary | 403-691-5991
  - **Calgary Family Therapy Centre:**  
Family therapy and relationship support.  
1716 16 Avenue NW, Calgary | 403-802-1680  
[calgaryfamilytherapycentre.com](http://calgaryfamilytherapycentre.com)
  - **Indigenous Counselling Services:**  
Culturally relevant counselling for Indigenous individuals and families. Calgary, AB (services offered at various locations) | 403-237-7850
- ### Grief Support:
- **Grief Support Program (AHS):**  
Support for grief and loss. Calgary, AB (services offered at various locations) | 403-955-8011  
[albertahealthservices.ca](http://albertahealthservices.ca)

# RECOVERY AND ADDICTION SERVICES

Recovery isn't one-size-fits-all. Whether you're ready to quit or just want to cut back, these programs can help:

- **Fresh Start Recovery Centre:**  
Residential program for recovery from substance addiction.  
100, 4816 47 Ave NW, Calgary | 403-387-6266
- **The Calgary Dream Centre:**  
Faith-based residential recovery.  
4510 Macleod Trail South, Calgary | 403-243-5598
- **Simon House Recovery Centre:**  
Long-term residential recovery for men.  
1230 16 Ave NW, Calgary | 403-247-2050
- **Recovery Acres Calgary Society (RACS) – 1835 House & 1839 House:**  
Residential recovery programs for men and women.  
1835 & 1839 8 Ave NW, Calgary | 403-245-1196
- **Renfrew Recovery Centre:**  
Medically supported detox services.  
101-2112 2 Ave NW, Calgary | 403-297-3337
- **Sheldon M. Chumir Health Centre – Opiate Dependency Program:**  
Help managing opioid use with safe medications.  
1213 4 St SW, Calgary | 403-297-5118
- **Aventa:**  
Women's addiction treatment and recovery services.  
1601 14 St NW, Calgary | 403-245-9050
- **Alcove:**  
Residential substance use treatment for women, children welcome.  
1937 42 Ave SW, Calgary | 587-576-3512

### Indigenous Support:

- **Elbow River Healing Lodge:**  
Culturally safe health services.  
612 4 Ave SE, Calgary | 403-955-6600
- **Sunrise Indigenous Addiction Services:**  
Combining traditional and modern practices.  
211, 1715 10 Ave SW, Calgary | 403-261-7921