

A photograph of construction workers in safety gear, including hard hats and high-visibility vests, working on a site. The lighting is warm, suggesting an outdoor setting during the day.

WHAT'S IN A

TOOLBOX TALK?

REAL CONVERSATIONS ON MENTAL HEALTH AND ADDICTION FOR THE TRADES

We meet people where they're at - in board rooms, on job sites, or virtually, and open the door to conversations we don't always make time for but need now more than ever.

WHAT TO EXPECT

- **Come as you are**
There's no need to have it all figured out. We keep it honest, down-to-earth, and real — with no pressure and no judgment.
- **Stories that stick with you**
We share real-life experiences of what it's like to face stress, pain, mental health, or addiction in this industry — and what's possible when someone reaches out and gets support.
- **Stats that open eyes**
In 2023, Alberta lost 1,144 people to overdose. 53% worked in construction. Only 7.8% of men in our field say they struggle with mental health. That gap? That's stigma — and it's time we talk about it.
- **Let's talk about the pressure**
Long hours, physical pain, deadlines, silence, and the expectation to be tough — we break it down together, without blame or shame.
- **Tools you can actually use**
We walk through simple ways to check in on yourself and your crew, challenge outdated beliefs, and find meaningful support. Talks are shaped to fit your team, your time, and your reality.
- **Why we do this**
We care about our people because strong crews build strong sites. When we make space for these conversations, we build something better — safer teams, stronger leaders, and a culture where it's okay to not be okay.

No matter our role, apprentice to owner, we show up for each other.

Want to bring a talk to your team?

Visit: thetailgatetoolkit.ca/calgary

SCAN TO BOOK NOW



'TAILGATE' TOOLKIT



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Construction
Association