



Substance Use – Canada

The unique challenges and rigors of the Entertainment Industry can contribute to substance misuse: alcohol, recreational drugs and prescribed drugs. The pandemic created additional stressors and many have turned to drugs and/or alcohol to help them cope with increased anxiety and depression. If you are concerned about yourself, a colleague, friend, or loved one, think about the following:

Are you concerned about your substance use?

- Has anyone expressed concern over your drug or alcohol use?
 - Do you need the substance to start or get through your day? Binging? Need an increased amount of the drug or alcohol to feel an effect?
 - Are you spending money to ensure you have a substance? Stealing or borrowing money to obtain it?
 - Is it impacting your relationships; work, friends, family, or romantic?
 - Are you having trouble meeting work or personal responsibilities?
 - Have you tried to stop using the substance on your own without success? Have you experienced physical or psychological withdrawal symptoms?
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Are you concerned about someone else? What are the signs?

- Increased tardiness or absences
 - Noticeable changes in mood or cognition such as increased irritability or forgetfulness
 - Excessive fatigue or sleeping on the job
 - Extended breaks or meals
 - Lying or blaming others
 - Neglected appearance
 - Physical signs such as tremors, red eyes, smell of alcohol or other substances
 - Withdrawing from the group or other changes in social interaction
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Where can you turn for support?

In addition to a health care professional, you can seek support from a trusted friend, colleague or family member. Your union or HR rep can provide referrals, including financial resources. National and local resources are available to both the individual and to those offering support, and include:

- Health Canada Resources – <http://btshelp.org/substanceusehelpca>
- Canadian Centre on Substance Use and Addiction – <https://www.ccsa.ca>
- Wellness Together Canada Mental Health and Substance Use Support – <https://wellnesstogether.ca>
- Take-home Naloxone/Narcan® kits are available at most pharmacies. A prescription is not needed. Ask the pharmacist.