

Jordan's Story: A lesson for us all (Opioid Overdose)

🎧 Video Introduction

Hey everyone, we will watch a short video called Jordan's Story today. This video shares the real-life impact of substance use in the trades and how it affects workers, their families, and their future. Jordan's story is a reminder that what happens on and off the job matters, and that looking out for each other can make all the difference.

In the trades, we take pride in our work, our skills, and our crews. But sometimes, we face challenges that we can't handle alone. That's why it's important to speak up if you see a co-worker struggling—whether it's with substance use, mental health, or safety concerns. IHSA's *Keep Your Promise* campaign reminds us: *If you see something, say something*. You could save a life.

Trigger Warning (to be read out loud): The aim of this conversation is to learn and share our experiences and thoughts with honesty. Because of this, some comments may trigger a negative reaction. If a comment or topic starts to upset you, I advise that you please talk to your support team. That could include your supervisor, union representative, HR personnel, Employee and Family Assistance Program provider (*if you have one*), friends, family, or a close colleague.

Remember: If you are in distress, you can call or text **9-8-8** anytime. Call 9-1-1 or go to your local emergency department if it is an emergency.

After the video, we'll have a group discussion. Let's keep an open mind and talk about how we can support each other on and off the job.

Video Link: Jordan's Story: <https://www.youtube.com/watch?v=-QXgQdmguK0> (4:50 minutes)



🗣️ Discussion Questions

1. What stood out to you most about Jordan's story?
2. Why do you think people in our industry might hesitate to ask for help? How can we break down those barriers?
3. How can we support each other better on the job when it comes to mental health and substance use?

 **Speaker Notes**

- **Before the Video:** Set the tone by emphasizing that this is a judgment-free conversation. Encourage workers to listen with an open mind.
- **After the Video:** Give workers a few moments to process. Acknowledge that this topic can be difficult, but it is crucial.
- **During the Discussion:** Keep the focus on solutions and support. Reinforce the *Keep Your Promise* message: *If you see something, say something.*
- **Closing Remarks:** Remind workers that resources are available, including community peer support programs, Employee Assistance Programs (EAPs), and crisis helplines.

Keep your Promise: <https://www.ihsa.ca/keepyourpromise>

Handout: Jordan's Story – A Lesson for All of Us

KEEP YOUR PROMISE: LOOK OUT FOR YOUR CREW

In the trades we rely on each other to stay safe. But safety isn't just about wearing PPE or following site rules—it's also about looking out for the well-being of our crew. *Jordan's Story* reminds us that substance use and mental health struggles can happen to anyone, and speaking up could save a life.

WHAT TO WATCH FOR





A co-worker may be struggling if you notice:

- ✓ Changes in mood or behaviour—more withdrawn, anxious, or irritable
 - ✓ Increased mistakes, missed work, or lack of focus on the job
 - ✓ Physical signs like fatigue, slurred speech, or unexplained injuries
 - ✓ Talking about feeling overwhelmed or hopeless
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KEEP YOUR PROMISE: TAKE ACTION





If you see something, say something. You could make all the difference.

What You Can Do:

-  **Check in:** “Hey, I’ve noticed you don’t seem like yourself lately. Everything okay?”
 -  **Offer support:** “You’re not alone. If you need to talk, I’m here.”
 -  **Encourage help:** “There are people who can help. Let’s find some support together.”
 -  **Speak up:** If you’re worried about safety, talk to a supervisor or use available workplace resources.
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WHERE TO FIND HELP

Confidential Support Services

-  Talk to a trusted co-worker, supervisor, or union representative
 -  Employee Assistance Program (EAP) – Check your benefits for details
 -  ConnexOntario (24/7 support for mental health and addiction): 1-866-531-2600
 -  Talk Suicide Canada (24/7 support): 1-833-456-4566 or #988
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✂ Real strength is looking out for each other.

Looking out for each other isn't just part of the job—it's part of being a team. If you see something, say something. You could help save a life.

Learn more about Opioid Harm Prevention at www.ihsa.ca/workplacemantalhealth