

Alcohol & Drug Use

Whether it's meeting a friend for happy hour or celebrating a special occasion, alcohol is a part of our culture. In fact, construction workers have been found to drink more frequently and consume more alcohol than the general population.

Alcohol and drug use are linked to mental health – you may reach for a beer to relax, or feel sad or down after using. Using alcohol or drugs as a coping mechanism can make mental health problems worse.

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I saw my best friend throw away his life because of alcohol. We became friends in our early twenties when we were both apprentice pipe fitters. Neither of us had girlfriends at the time so we'd go out drinking after work almost every day. We probably drank too much but so did everyone else.
Over time I started to notice that he was rarely sober. He showed up drunk to a funeral, got wasted at my daughter's first birthday party, and made a fool of himself way too many times to count. Each time, he laughed it off acting as if everyone does that sometimes. And the truth is, I had my own stupid drunken stories so I brushed it off.
Even as I watched in lose jobs and break up with girlfriends, I never thought it was my place - my business - to talk to him about his drinking. I lost track of him for a few years and then found out he died from a heart attack. He was only 47. I don't know for sure that it was from alcohol use, but I'll always regret not trying to help him.
”



Recognize It
Look out for common signs and symptoms



Talk About It
Connect with someone you trust to share your concerns



Support Others
Let them know you there to listen and find help if needed



Get Help
Reach out to your doctor for support and guidance



60% of alcohol users are excessive drinkers
2018 National Survey on Drug Use and Health

According to the CDC, excessive drinking includes:

- 8+ drinks per week or 4+ drinks in a single occasion for women
- 15+ drinks per week or 5+ drinks in a single occasion for men

Alcohol & drug abuse affects your:

- **Body/mind:** risk of cardiovascular disease, stroke, cancer, mental illness
- **Relationships & social life:** stress on friends and family, increased arguments, domestic violence
- **Work:** risk of injury to yourself and others, unreliable, less efficient

Signs of substance abuse

- Problems at home or work
- Physical health issues
- Changes in behavior
- Money issues
- Unwillingness to stop using

Ways to reduce substance use:

- **Practice self-care:** get plenty of sleep, eat healthy, exercise
- **Find positive distractions:** create routines that don't involve substance use
- **Ask for help:** call a sober friend or talk to your doctor for guidance and support

Excessive alcohol use is responsible for

95,000 DEATHS
in the U.S. each year

Call or text - 988
suicidepreventionlifeline.org



SIGN IN

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*Scan for mental
health resources*



HOLD ON PAIN ENDS



AGCMO
MISSOURI CHAPTER
THE CONSTRUCTION ASSOCIATION