

LET'S TALK

MENTAL HEALTH



# Opioids & Other Pain Killers

The opioid crisis affects people of all walks of life. Construction workers are among those hardest hit. Construction workers are at high risk for pain and injuries, making them at greater risk than workers in the general population to be prescribed opioids that may lead to addiction

### Sobering statistics:

- More than half of those who died from an overdose had suffered at least one job-related injury
- 1 out of 3 Americans doesn't know their prescriptions contain opioids
- 4 of 5 people treated for opioid misuse started on pain medications
- 1 out of 4 people who are prescribed opioids for long-term pain become addicted to them



*My pathway to addiction started when I made an appointment to see a doctor for migraine headaches. In a timeframe of 8 months I was prescribed 3,647 controlled substance pills. I had pills for pain, pills to help me sleep, pills to help me stay awake and alert at work, and pills for anxiety.*

*These pills were provided to me by a reputable doctor. It never occurred to me not to trust him. My ignorance caused me to lose almost a decade of my life and would bring me close to death many times as a result of my severe drug addiction.*



# 10.3 MILLION

people misused opioids in 2019

2019 National Survey on Drug Use and Health

### Signs of opioid addiction:

- Uncontrollable cravings & excessive use
- Drowsiness
- Irregular sleep habits
- Weight changes
- Frequent flu-like symptoms
- Changes in exercise habits
- Isolation from family or friends
- New financial difficulties resulting in stealing from family, friends, or work

### How can we protect our industry?

**Prevent injuries at work:** Use the right tools for the job, wear proper PPE, practice good housekeeping, and report hazards

**Use alternative ways to treat pain:** If your doctor suggests prescribing opioids, ask if there are alternative treatments instead; physical therapy, chiropractors, acupuncture are all effective ways to treat pain

**Prevent someone from harming themselves or others:** Properly dispose of any unused medication, speak up when you see someone is struggling, eliminate stigma, and share resources for help



**Recognize It**  
Look out for common signs someone is struggling



**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 or EAP/ MAP for support and guidance

Call or text - 988

[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)



# SIGN IN

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*Scan for mental  
health resources*



**HOLD ON PAIN ENDS**



**AGCMO**  
MISSOURI CHAPTER  
THE CONSTRUCTION ASSOCIATION