

# Alcohol, Cannabis, Opioids and Medications

Have  
Questions?

Want  
More  
Info?

Need  
Help?

## FOR EMPLOYEES: Through Your Employee Benefits

- Check if your employer offers health and wellness benefits, usually through an Employee Assistance Program (EAP) or Employee Family Assistance Program (EFAP).
- These programs often have a range of helpful services, including counselling, answering questions, information on substance use and more!

## FOR ALL: Anonymous, Free Resources and Services

The resources and services below are free and anonymous to use for all Canadians, employed or not employed, youth or adults, anywhere in Canada.

### Get Help with Problematic Substance Use

- Website with phone numbers, links and resources that provide anonymous and free support, services and information on substance use

### Finding Quality Addiction Care in Canada

- Online guide to finding treatment

### Wellness Together Canada, 1-866-585-0445 (24 hours)

- Website and phone number for mental health and substance use support



To get a digital copy of this poster with links to the resources above, go to:

[bit.ly/CCSAWorkplaceResources](https://bit.ly/CCSAWorkplaceResources) or  
[www.ccsa.ca/workplace-safety](https://www.ccsa.ca/workplace-safety)

or scan the QR code.