

ARC Mental Health Information Series

This document is intended to be information only and does not replace the opinion of a health provider.

Substance Use Disorder

People use drugs and alcohol for many different reasons but no one chooses an addiction. Addiction affects the brain, making it hard to stop using substances, even when it is hurting you or people in your life.

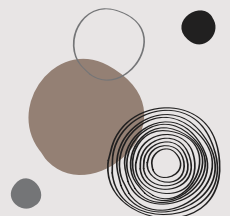


Mental health and substance use

- People with a mental illness are twice as likely to have a substance use disorder compared to the general population. At least 20% of people with a mental illness have a co-occurring substance use disorder. For people with schizophrenia, the number may be as high as 50%.
- People with mental illness and substance use disorders are more likely to die prematurely than the general population. Mental illness can cut 10 to 20 years from a person's life expectancy.
- Mental illness and substance use disorders are leading causes of disability in Canada.

Additional barriers to getting treatment for men include:

- not wanting to damage their reputation
- not wanting to be judged
- not wanting to get in trouble professionally or with the law
- Greater social acceptance of substance use for men and an expectation that they are strong enough to overcome problems without help. This makes them less likely to ask for help when they need it.



Opioid use in men

- Opioid dependency has increased greatly in recent years due to the development of new pharmaceuticals and wider availability. The number of people dying from opioid related overdose is increasing each year - there were over 7,000 deaths in 2022, up from 2,500 in 2016. There were an estimated 14,700 opioid-related deaths in Canada between January 2016 and September 2019. In 2016 3/4 of those opioid related deaths were men. 30-50% of the men who died of opioid overdose were employed in the trades such as farming, emergency medical services and construction.
- Trades work is physically demanding and stressful. It is common for trades workers to want to celebrate or relax after work by using substances like drugs and alcohol.
- Since injury and pain are common in the trades, workers often use alcohol or other substances to cope with pain. Pain relief is one way people get introduced to the opioids upon which they become dependent.

Treatment

- Harm-reduction and safe injections services
- Detoxification and rehabilitation services
- Social support groups

Resources available

Aire Ouverte for youth 12-25 years of age. 5811 Taschereau Blvd., local 30, Brossard, QC J4Z 1A5
Drop-in services: Tuesday, Wednesday and Thursday from 1:00-8:00 p.m. and Saturday 10:00 a.m. to 5:00 p.m. By appointment from Monday to Friday. telephone number: (450) 445-4474.

Alcoholics Anonymous

83 Churchill Blvd., Greenfield Park, QC J4V 3L8

Telephone helpline: (514) 376-9230 available 9:00 a.m. to 10:00 p.m. - 7 days a week

Website: www.aa87.org

Portage – adult, adolescent and mental health programs available

865 Square Richmond, Montreal QC H3J1V8

Telephone: 1 (800) 939-0202

Website: www.portage.ca

Psychosocial support available at your local CLSC and through your primary care physician.

CLSC St-Hubert (450) 443-7400

CLSC Brossard (450) 445-4452

CLSC St-Jean-sur-Richelieu (450) 358-2572

CLSC Richelieu (450) 658-7561

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