

**Suicide is  
everyone's  
business.**

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If you'd like to learn more about becoming a **CONNECTOR** talk to a Field Officer.

Phone **MATES** in Construction on 09 302 0535 or email [info@mates.net.nz](mailto:info@mates.net.nz)



**MATES in Construction**  
0800 111 315 or free text 5353

☎ : 09 302 0535 (business hours only)

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✉ : PO Box 106-946  
Auckland City 1143 NZ

# WHAT IS A CONNECTOR?

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**Connectors make our  
industry safer - they are  
our eyes and ears on site**

**Connectors act as a MATE who can keep you SAFE while connecting you to help.**

**We know that your work as a Connector helps to make our industry safer as you are our eyes and ears on site.**

Connector training is provided to **ANYONE** on site who volunteers to take it up.

This training is **FREE** and takes four hours. It is delivered on site at a convenient time set by your supervisors.

Connectors are **NOT** expected to become mental health counsellors or therapists, you are just there to listen and help your MATES.



Connectors will be identified on site by the **GREEN CONNECTOR STICKER** on their hard hat. This way workers will know who to talk to if they are struggling or know someone who may be struggling and at risk of suicide.



The aim is to have at least **ONE** Connector for every **TWENTY** workers on site.

## CONNECTOR TRAINING

**When you finish your training you will understand:**

- The magnitude of the problem of suicide in New Zealand and be able to relate that to the problem of suicide within the construction industry.
- The scope and limits of the Connector role.
- How the MATES in Construction community development model works including:
  - The integrated roles of GAT, Connector and ASIST trained people onsite.
  - The role of MATES Field Officers & Case Managers.
  - How to access MATES support.
  - Understand the voluntary nature of the Connector role and what you should do when you choose not to act in this capacity.
- Confidentiality and its limits in the context of the Connector role.
- When, where and how to access support for yourself as a Connector.

**You will need to share the following values:**

- A commitment to keeping workmates safe and connecting them to help when they are thinking of suicide and/or struggling with mental ill health or life problems.
- A commitment to acting ethically and upholding the values of the MATES programme.
- A commitment to providing feedback to MATES regarding issues/difficulties with the Connector role or MATES programme.

**You will also learn how to:**

- Notice and respond to situations in which individuals may be having thoughts of suicide.
- Recognise that invitations for help are often overlooked.
- Move beyond the common tendency to miss, dismiss, and avoid suicide.
- Apply the talk steps: Tell, Ask, Listen and Keep Safe.
- Understand which community resources are available and how to connect someone with thoughts of suicide to these agencies for further help.