



HOW TO MAKE A DIFFERENCE

Become part of a growing family of like minded organisations and help us achieve our goal to reach the 300,000 people that work in our NZ construction industry.

Partnering with MATES in Construction enables you to be part of a programme working to reduce the number of people we are losing to suicide in our industry every year.

Our **Industry Partner Programme** is designed to provide a means for organisations to offer financial support to MATES and receive industry recognition for their support of our programme.

Contributions can be made from \$5,000 upwards. To find out more about the benefits of being a partner visit our website: www.mates.net.nz



GET MATES ON SITE

If you are interested in becoming a **MATES in Construction** site, please call us today for further information.

☎ : 09 302 0535

@ : info@mates.net.nz

🌐 : www.mates.net.nz

Suicide is everyone's business.

MATES in Construction

0800 111 315 or free text 5353

In an emergency dial 111 if you or someone you know is at risk of harm.

- Go with the person to the nearest hospital emergency department
- Phone your local DHB Mental Health Crisis team
- Free phone or text 1737 to communicate with a counsellor

External support services:

Tautoko Suicide Helpline **0508 828 865**

Lifeline **0800 543 354 (text 4357)**

Youthline **0800 376 633**

☎ : 09 302 0535 (business hours only)

🌐 : www.mates.net.nz

✉ : PO Box 106-946
Auckland City 1143 NZ

SUICIDE PREVENTION IN THE NEW ZEALAND CONSTRUCTION INDUSTRY



How to get the **MATES in Construction** programme onto your site

“The construction industry has the highest number of suicides across all industries in New Zealand.”



Industry has stepped forward and is supporting the implementation of the MATES in Construction programme onto sites across NZ.

WHY ARE CONSTRUCTION WORKERS MORE VULNERABLE?

Less job security and more financial insecurity	Work impacted by injury or illness
Stress related to running a business	Little empathy on site, bullying and workplace conflicts especially for young workers
Oppressive work environments. Pressure to deliver to programme and budget, often requiring excessive working hours.	A male dominated industry who are far less likely to seek or offer help
A culture of alcohol and drug abuse	Everyone feels the pressure – “if a job is going well the pressure is constant, if a job is not going well, the pressure is extreme”

WHAT WE DO

The MATES programme builds and strengthens communities in the workplace and across the industry, building capability by helping our people to support each other and enabling you to provide an environment that encourages positive wellbeing. The impact of this community-based approach can then go beyond the workplace and becomes part of our everyday lives.

MATES engage with workers through on-site training and provide case management support when needed to those that need to connect to appropriate professional support.

We are trained in suicide intervention skills and have experience within the Building and Construction Industry. This allows us to engage well with the workers on site.

HOW IT WORKS

There are three levels of programme delivery. The MATES programme is a combination of awareness training and support – one without the other is insufficient.



45 MINUTES

General Awareness Training (GAT)

is delivered to at least 80% of workers on-site, it is delivered in a group setting at a time and place that is convenient. Workers will be engaged in:

- Raising suicide awareness
- Encouraging workers to seek help when dealing with difficult situations
- Helps workers to recognise the signs of suicidal thoughts in themselves and in their mates
- Shows workers how to get help both for themselves and for their mates



4 HOURS

Connectors are workers who volunteer to take up a further level of specialised training. It is good to have one connector to every twenty workers. Connectors can:

- Identify workers who may be at risk
- Ask the relevant and appropriate questions about suicide
- Connect the ‘at risk’ person to professional help while keeping them safe.



2 DAYS

Applied Suicide Intervention Skills

or **ASIST** gives a worker the ability to work with a person at risk, listening to their concerns and being able to respond appropriately with the objective of reaching a ‘safe plan’. These workers can be compared to the first aid officer on site.

✓ **MATES training is FREE to all workers on the site regardless of who they work for**

✓ **Once on site MATES will continue to support your workers until your project completes.**

✓ **On-going support includes access to our Case Managers, the 24/7 Helpline and free text service.**



WHO WE ARE

FIELD OFFICERS

Our Field Officers will not only come to your site to deliver the Mates programme they will also become a constant MATE to your project This means they can attend toolbox talks, be available for a chat during break times/smoko and can attend any other site events such as BBQs, roof shouts etc.

All MATES Field Officers are ASIST trained so are available for anyone who may need support. They will engage with and support the on-site Connectors when you built this resource.

CASE MANAGERS

Our Case Managers are qualified, and their role it is to meet with workers in distress to agree on a plan for them to work on any situation. The role of the Case Manager is to support the person while they implement their plan. The Case Manager can help the individual to prepare for a meeting with health and other agencies and will support them to access the services over time which also minimises the risk of them disengaging.

POSTVENTION SUPPORT

MATES is here for your workers.

Postvention is designed to help those grieving after a suicide and to ensure they get the appropriate help and support. The team engages with all workers when needed.

EMPLOYEE ASSISTANCE PROGRAMMES (EAP)

MATES is not a substitute for your existing EAP. Where EAPs exist, programmes can be a valuable resource for workers on site. Mates enhance EAPs by making them more accessible to workers onsite. Workers who do not have access to an EAP service may also use MATES to help them access external support resources.