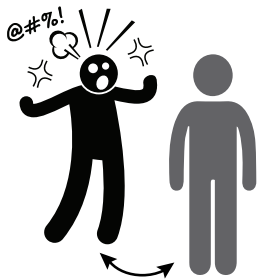


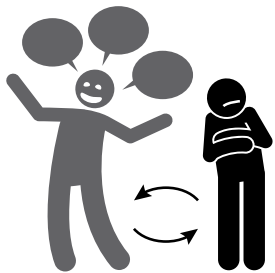


KNOWING HOW TO SPOT THE SIGNS

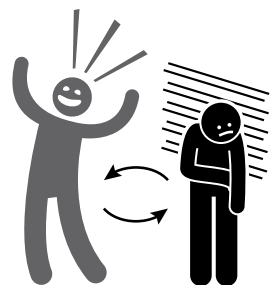
CHANGES IN BEHAVIOUR that you or a mate might be displaying. These are not one-off incidences, but rather happening more often than usual.



usually easy going
↓
angry and agitated easily



usually talkative
↓
isolating oneself
"not wanting to talk to people"



usually sociable
↓
being distant
"not responding to messages"



using alcohol or drugs as a way of coping



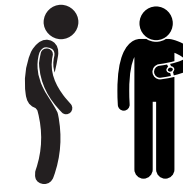
struggling to finish tasks



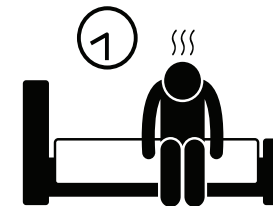
struggling to concentrate



finding it hard to cope with everyday things



coming to work late



not making it to work at all

It's okay not to be okay, but it's not okay to do nothing about it.

Sometimes what might be happening for us might require more help.

Talk to a mate, or call us at MATES in Construction on **0800 111 315** or free text **5353**. We are available 24/7 for free confidential service.

Other helplines available 24/7:

Tautoko Suicide Helpline **0508 828 865**

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

Youthline **0800 376 633**