



HOW TO START A CONVERSATION ABOUT MENTAL HEALTH

Help your mate to talk about what they are struggling with and reassure them that you are there to listen and provide support with what they're going through.

“How are you doing?”

“What’s happening in your world?”

“How’s life?”

“How’s the family?”

Next, if they're okay talking, then mention specific things that have made you concerned, such as:

“You don’t seem yourself - anything up?”

Let them know you are asking because you are concerned about them. If they get upset or angry, stay calm, don't take it personally.

Ask questions about what is going on like:

“Have you spoken to anyone else about this?”

“What would help you manage the load?”

“What can we change to make life easier?”

Don't interrupt or rush them, just wait and sit patiently in silence while they think. Take it seriously.

What comes next?

Remind your mate, there is always someone to listen and support them. They are not alone.

If you are supporting someone in the workplace, suggest they seek further support and perhaps talk to one of the following:

- **MATES in Construction** - we are here 24/7 to support you and your mate.
- H&S Manager or someone they trust on site.
- Employee Assistance Programme (EAP)
- Their GP, family, Whānau, friends, community and church leaders could provide help.

You can help them contact someone for help.

“How can I help?”

“What would be a good first step?”

“What has helped before?”