



Has your mate been acting angry for a while now?
**Maybe he is struggling. Take 10 seconds of courage to check in
and ask, “Are you Okay?”**

Scan the QR Code to see how you might be able to help him.



need a chat? 0800 111 315

www.MATES.net.nz



Has your mate been struggling to concentrate for a while now?
**Maybe he is struggling. Take 10 seconds of courage to check in
and ask, “Are you Okay?”**

Scan the QR Code to see how you might be able to help them.



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Has your mate been drinking a lot more than usual for a while now?
**Maybe he is struggling. Take 10 seconds of courage to check in
and ask, “Are you Okay?”**

Scan the QR Code to see how you might be able to help them.



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Has your mate been keeping to himself and isolating for a while now?
**Maybe he is struggling. Take 10 seconds of courage to check in
and ask, “Are you Okay?”**

Scan the QR Code to see how you might be able to help them.



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Has your mate been showing up late or not showing up to work at all?
**Maybe he is struggling. Take 10 seconds of courage to check in
and ask, “Are you Okay?”**

Scan the QR Code to see how you might be able to help them.



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