

# MATES Mental Health TOOLBOX

---



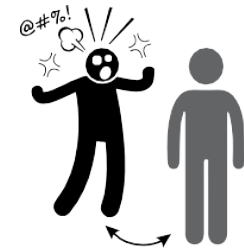
INDUSTRY-BACKED, RESEARCH-BASED, SUICIDE PREVENTION AND SUPPORT FOR THE CONSTRUCTION INDUSTRY SINCE 2008

# KNOWING HOW TO SPOT THE INVITATIONS

Changes in behavior that you or a mate might be displaying. These are not one-off incidents, but rather happening more often than usual.

**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. We are available 24/7 for free confidential service.



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"



**finding it hard to cope with everyday things**



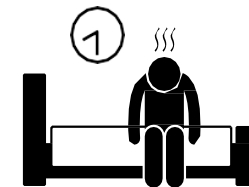
**struggling to concentrate  
struggling to finish tasks**



**using alcohol or drugs as a way of coping**



**coming to work late**



**not making it to work at all**



# 5 STEPS TO DE-STRESS

---

If you find that you are feeling stressed and anxious, here are 5 simple steps to help you manage.

1

## DE-STRESS

Go through the steps below to help you de-stress. This will give you the time and skills to manage your feelings and emotions more easily.

2

## STEP BACK

Stop what you are doing, remove yourself from the situation immediately. This is for your own health and safety and the safety of others working around you.

3

## TAKE A BREATH

Take 10 seconds for yourself. Take a breath and breathe out slowly a few times this will help slow your heart rate and calm your busy mind.

# 5 STEPS TO DE-STRESS

---

If you find that you are feeling stressed and anxious, here are 5 simple steps to help you manage.

4

## RE-FOCUS

Focus on the here and now and clear your mind of the stressors you are feeling. Focusing is one of the best ways to alleviate stress by paying attention to what is going on now. This will help to calm your busy mind.

5

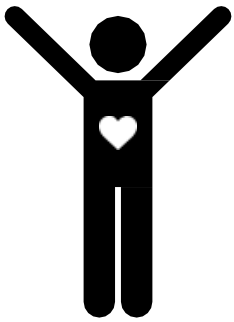
## ENGAGE

Now that you have had a few minutes to re-centre, what do you need to engage with from here?

- You might be OK. Heading back to work right now is OK for you.
- You might just need to chat to someone, talk to a MATE, your boss or a friend or family member.
- You might be struggling more than both of those options. If so, we recommend that you advise someone onsite and engage with more professional supports such as MATES in Construction on 0800 111 315.

# MATES SELF- CARE GUIDE

---



## BE KIND TO YOURSELF

Have reasonable expectations of yourself. If you feel like you are struggling remember that we have been dealing with unusual and unique times. This has caused stress and anxiety in the community which can affect your mental health and wellbeing. Be aware of the strain you may have been under and don't beat yourself up if you are not firing on all cylinders.

---



## TAKE TIME FOR SELF-CARE

In times of increased stress, self-care must increase to counter the negative effects on your mental wellbeing. Ensure that you make time and create opportunities to do healthy things that make you feel good. This may be outdoor activities, hobbies, sports or spending quality time with friends or family

# MATES SELF- CARE GUIDE

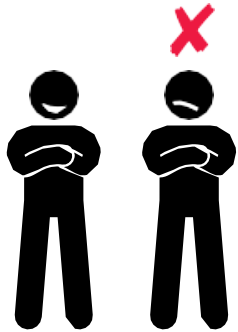
---



## EAT, DRINK AND SLEEP HEALTHILY

A healthy diet, good hydration and sleep are fundamental for positive mental health and wellbeing. Look after your physical health and good mental health will follow.

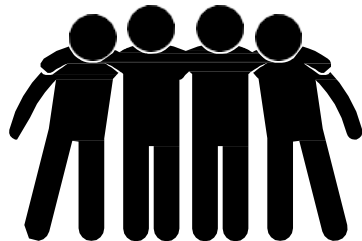
---



## REMOVE NEGATIVE INFLUENCES IN YOUR LIFE

Negative people and harmful activities can bring us down and affect our mental wellbeing. Surround yourself with happy and positive people who are positive and supportive. Avoid doing activities which you know to be harmful to your wellbeing.

---



## DEVELOP YOUR KEY RELATIONSHIPS

Take time to develop the most important connections you have with people. Create time for your relationships. Be kind and share how much you appreciate those valued relationships. These special human connections will then thrive, bringing you joy.



0800 111 315  
STRONGER TOGETHER