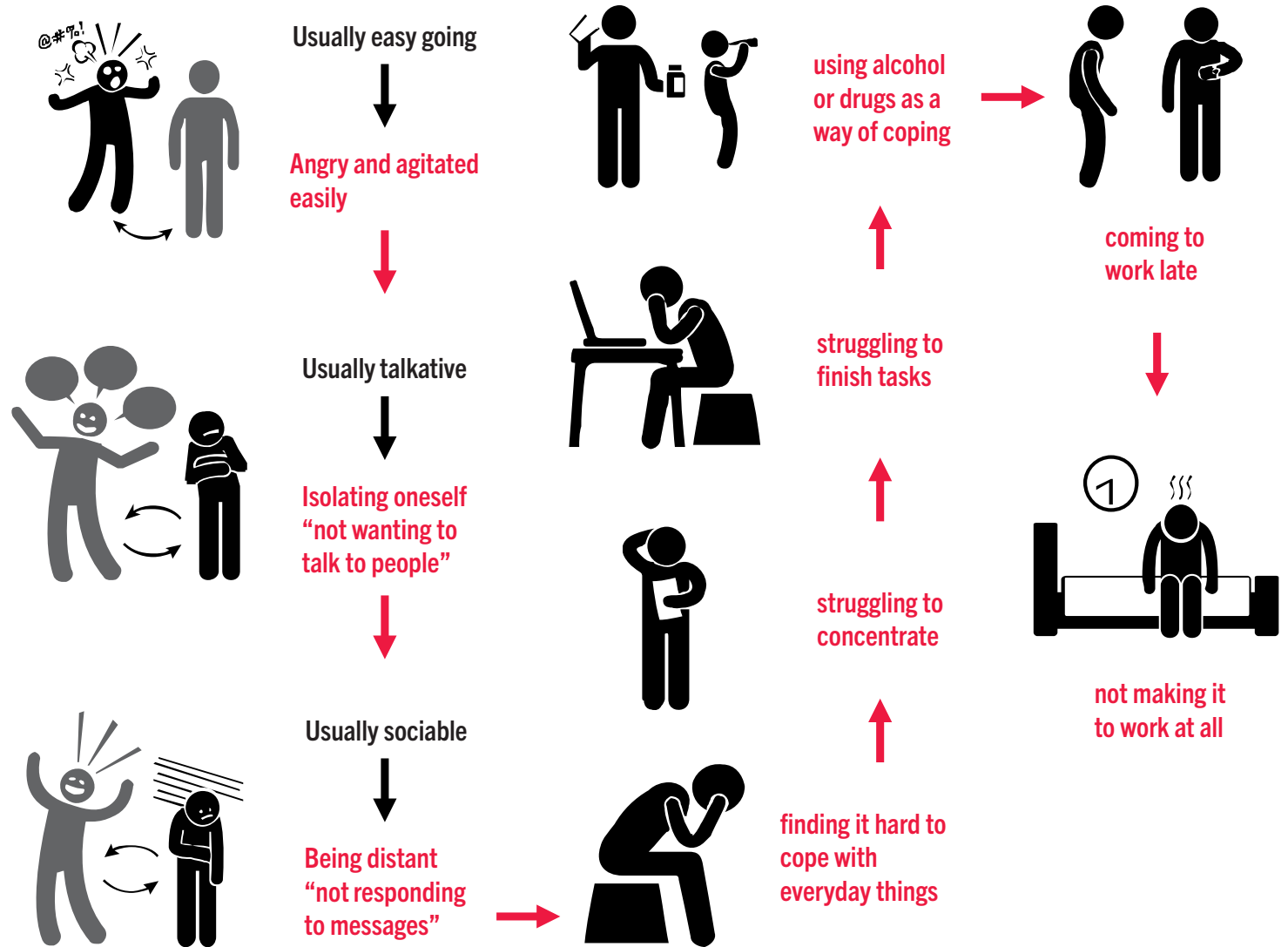


REMEMBER TO CHECK IN ON YOUR MATES

KNOWING HOW TO SPOT 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 need more help.

Talk to a mate, or call us at MATES in Construction on 0800 111 315. We are available 24/7.

Other helplines available 24/7:

National helpline 1737 Tautoko Suicide Helpline 0508 828 865 Lifeline 0800 543 345 Youthline 0800 376 633