



MENTAL HEALTH TIPS TO USE ON SITE

You can use this guide to support your toolbox talk onsite during Fly the Flag week. Remember your Field Officers, your Connectors and ASIST resources are available if you have any questions.



SAFETY FIRST

Make sure that you have a safety message ready before you begin your conversation.

At MATES, we always start with a safety message and let people know we'll be talking about mental health. If it's not the right day for someone, they're welcome to step away — just check they're okay and don't need extra support.

It's essential to have trained support on site during any mental health kōrero — like a Connector, someone ASIST-trained, or a mental health first aider.



BEFORE YOU BEGIN

At MATES, we often open mental health kōrero with a karakia to create a respectful, inclusive, and safe space.

Choose a quiet, tidy area with minimal distractions, and come prepared with a clear plan and key messages to share during your toolbox talk.



HAVING THE KŌRERO

Be clear, honest and direct but also be yourself. People respond well to authenticity. Key messaging you might like to promote during your toolbox talk could include,

- **Its OK not to be OK but its not OK to do nothing about it**
We're stronger together – promote your site community
- **Promote the support avenues that are available on site e.g. Connector/ ASIST/EAP**
- **Have the helpline numbers ready and promote them (MATES – 0800 111 315)**



AFTER THE KŌRERO

Make sure that you have support avenues available for any workers that have been impacted by the mental health kōrero. If you would like MATES resources, check out the resources page on our website.

It's also important to look after yourself. It can be difficult to have conversations about mental health. Be sure to practice self care. You should also debrief with a mate or you can debrief with MATES by calling your Field Officer or by calling us on 0800 111 315.