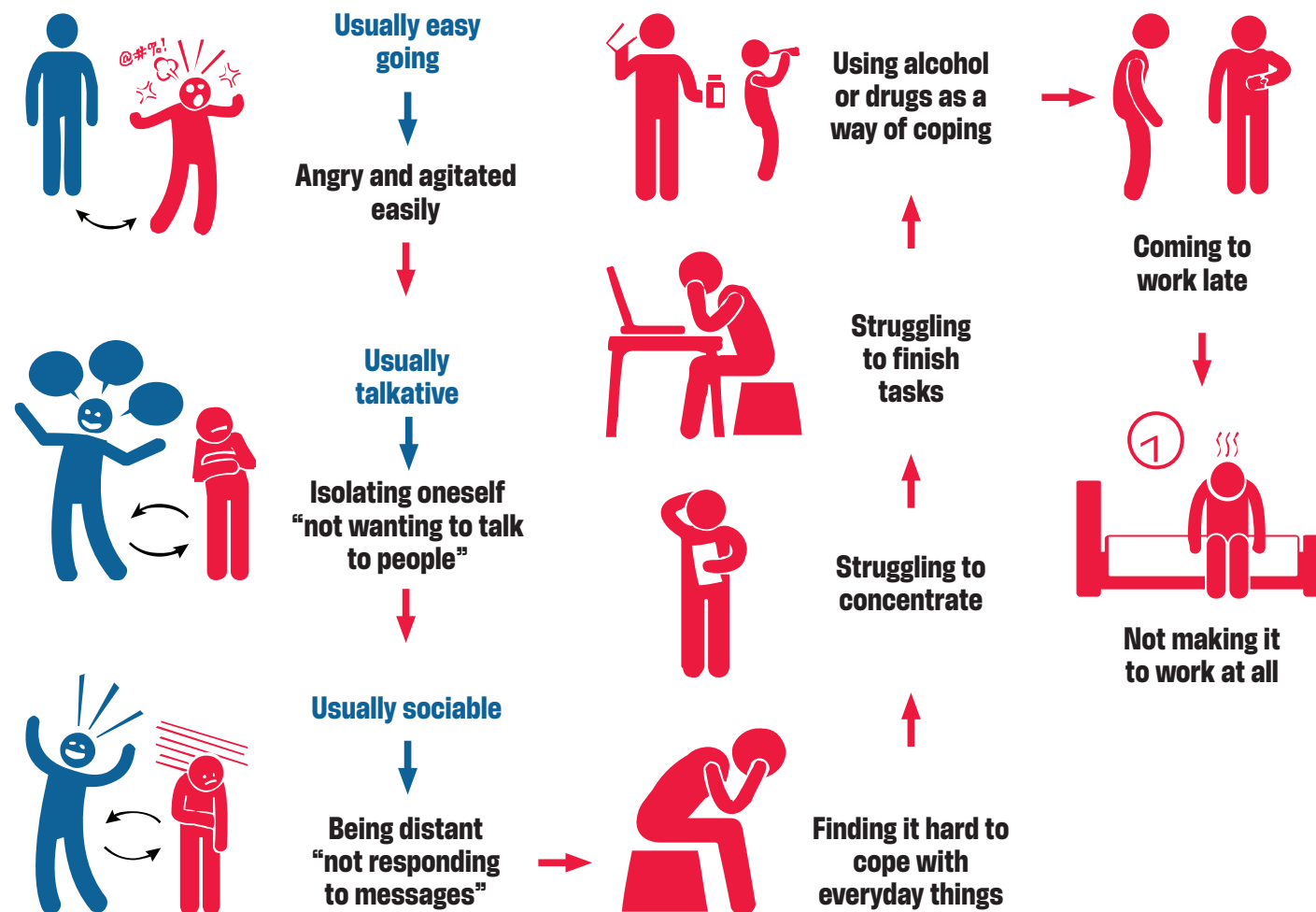




REMEMBER TO CHECK IN ON YOUR MATES

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**.

Helplines that are available 24/7:

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