



MATES in Construction MEDIA KIT 2021/22

WHO ARE WE?

MATES in Construction deliver strategic, innovative, evidence-based suicide prevention and mental health programs to the building, mining, energy and construction industries. This is done by raising awareness, building capacity, connecting workers to help and providing information to the industry through research.

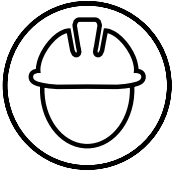


WHAT DOES THE MATES ACRONYM STAND FOR?

Mates Actively Talking to Each other on Site



**MATES
helping
MATES**

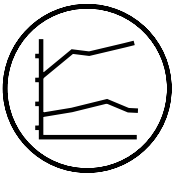


WE RECOGNISED THE NEED

MATES was established in response to a [major report](#) on suicide within the Queensland Commercial Building and Construction Industry. The report revealed that suicide rates were higher than the Australian average for men and that youth suicide within the industry was as much as 2.38 times higher than among other young Australian men.

WE NEEDED TO ADDRESS SUICIDE FROM WITHIN THE INDUSTRY

The MATES program is based on the simple idea that that suicide is everyone's business. If the building and construction industry in Australia is to improve the mental health and well-being of workers and reduce suicide, it can't be left solely to mental health professionals; everyone in the industry must play their part to reduce what is an unacceptable level of suicide. Every suicide is one too many.



HOW MANY WORKERS DO WE LOSE EACH YEAR?

- According to our latest data, we lose around 200 workers a year across Australia. That's one person every second day across the country.
- We know construction workers are 6 x more likely to die of suicide than from a workplace accident.
- Our young workers are well over two times more likely to take their lives.




HOW DID WE RESPOND?

MATES provides suicide prevention through community development programs and awareness. Our programs include General Awareness Training (GAT), Connector training and ASIST training (a more intensive two-day program) to sites and by supporting workers in need through case management and a 24/7 helpline. MATES also provides critical incident and postvention support on site, when required.

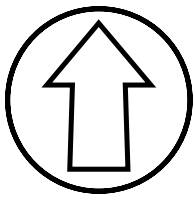


You don't have to be an expert to check in on a workmate.





**Listen to your gut
if you notice a
mate doesn't seem
themselves.**



WHAT ARE SOME OF THE CAUSES FOR THE HIGH RATE OF SUICIDE IN CONSTRUCTION?

- Construction is not a linear career. Employment within the industry is highly transient with most workers employed on a project-by-project basis, ranging from a few weeks to a few years. This in turn can cause financial and relationship problems.
- Our research has shown us that our workers find it difficult to raise and discuss emotions with colleagues at work.
- The nature of the work; long hours and hard physical labour can be a stressor.
- Pride has been identified as an issue; not wanting to appear weak or less than capable.

WHAT ARE WE AIMING FOR?

- **MATES** in Construction's aim is to reduce the high numbers of suicide in our industry and to raise **awareness** and resilience via training programs and direct communication to our workers
- **Capacity** via training courses aimed at resilience building and developing networks within communities and workplaces
- **Providing help** via case management and connecting workers to existing services and ensuring help is practical and accessible.
- **Research** is the backbone of our charity. Gathering data and partnering with research institutions to inform our approach, under the guidance of our board.

MATES STRONGER TOGETHER

When we come together armed with knowledge, confidence and training to help a work mate, we let them know someone cares and is there for them.



Asking, opens the door to a conversation. Even if they respond with: “I’m fine, all good mate, I’m sweet, I’m just tired, Thanks but I’m right”, you’ve created a space to connect with them.

WE ARE INDEPENDENT

MATES in Construction is independent of unions and never works directly for an employer. Our programs are delivered across industry regardless of employer or union affiliation. We work in the industry, for the industry.



WHAT DOES IT COST TO PARTICIPATE IN THE MATES IN CONSTRUCTION PROGRAM?

It's free.

MATES in Construction is funded through government contributions, donations, fundraising and via business/industry partnerships.

HOW MANY PEOPLE HAVE WE REACHED WITH OUR AWARENESS AND TRAINING PROGRAMS TO DATE?

TRAINED
237,835+
Industry Workers

TRAINED
21,716
Connector Volunteers on sites

TRAINED
2,870
ASIST Volunteers

MANAGED
11,137
Individual Cases

WHAT'S MATES IMPACT SO FAR?

- The estimated suicide risk in the industry has dropped by approximately 8% since the introduction of MATES in Construction.
- We have also been featured in a recent World Health Organization (WHO) publication; [LIVE LIFE: An implementation guide for suicide prevention in countries](#) (who.int) as an example of best practice. The guide outlines a range of practical tips/considerations to support effective whole-of-government responses.
- National implementation of the [Construction Industry Blueprint for Better Mental Health and Suicide Prevention](#) as the benchmark for Workplace Mental Health.

They mightn't take you up on the offer then and there, but you've let them know you're a safe space if they want to revisit the conversation.



MEDIA SPOKESPEOPLE:

MATES in Construction National CEO, Chris Lockwood
MATES in Construction QLD CEO, John Brady
MATES in Construction NSW CEO, Brad Parker
MATES in Construction SA CEO, Alan Suridge
MATES in Construction WA CEO, Liam Cabbage
MATES in Mining, MATES in Energy GM, Suzanne Desailly

IMAGE DOWNLOADS

[Download approved MATES images here via DropBox.](#)

SOCIAL MEDIA HANDLES:

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