

# MATES in Construction NZ

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## Constructive



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

# MATES IN CONSTRUCTION NEW ZEALAND

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- Established in 2008 (AUS) and 2019 (NZ)
- Here to address the number of workers we lose to suicide every year
- We are an NZ charitable organisation
- The programme builds on the strength of the industry
- MATES helping mates - Stronger Together



# NEW ZEALAND STATISTICS

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Every year

**150,000**

Kiwis think of taking their lives

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**50,000**

make a suicide plan

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**20,000**

attempt suicide

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Over

**500**

die by suicide

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We are losing one person

**a week**

to suicide in our industry

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We are

**6 times more likely**

to lose somebody in our industry to suicide than we are to a workplace accident.

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Zero Suicide Aotearoa – July 2020

BRANZ Research – suicide in the construction industry (2019), BRANDZ Research, Otago University (2021).

# THE CONSTRUCTION INDUSTRY

**583**

Lives lost to suicide in the construction industry from 2007-2019 (12 years)



...Construction has  
**the highest  
suicide rate**  
of any industry in NZ

**98%**

...of those that we lose to suicide in  
the NZ construction industry are  
male

... Most of those that we  
lose are aged

**20-24 years** and **45-49 years**



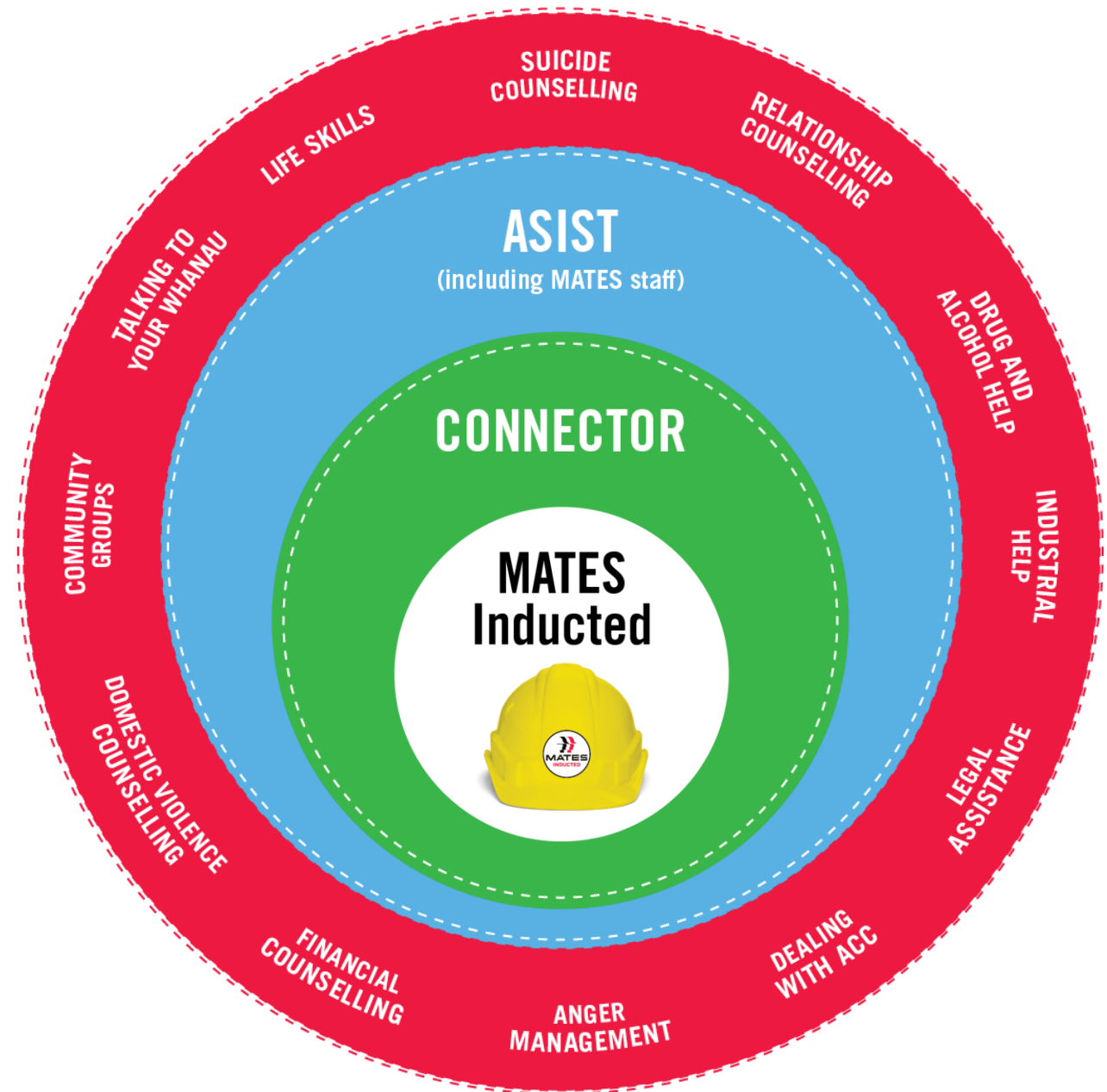
# HOW THE PROGRAMME WORKS

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HELP SEEKING

HELP OFFERING

HELP ACCEPTING



# HOW MATES WORKS

- We are a construction organisation: by the construction industry and for the construction industry.
- Using a peer based, bottom-up approach.
- Walking alongside workers has been key to our acceptance.



# MATES ACROSS NEW ZEALAND



30,219

workers General  
Awareness Training  
Inducted



3,964

workers MATES  
Awareness Trained



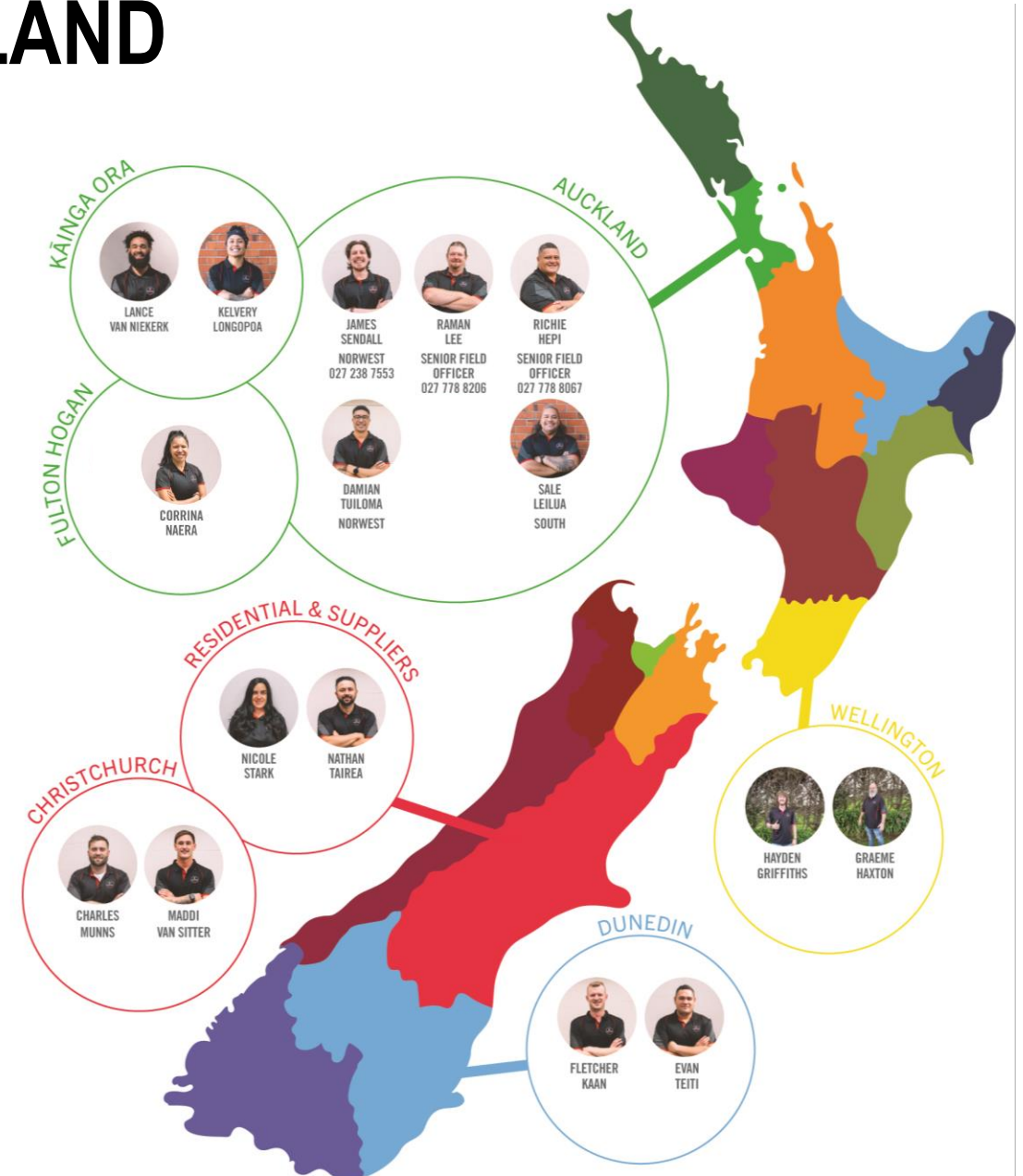
1,399

workers Connector  
Trained



154

partners that support  
MATES



# WHAKAMANAWA PROGRAMME

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**WHAKAMANAWA is about Distress Awareness Training**



Whakamanawa  
Promotes  
Resilience



Whakamanawa  
Pursues  
Wellness





Whakamanawa  
Prevents  
Suicide



**Psychological Distress Occurs when life demands exceed our coping options**





Whakamanawa looks at our human attributes and contributes to our pillars of wellness.

We use the te whare tapa wha model as a way to recognise our signals for help.

We look at the kinds of supports and safe coping activities we need to engage in to manage our times of distress and to achieve optimal mental wellness.



### **TAHA TINANA - Physical Wellbeing**

Taha Tinana is your physical wellbeing. How we grow, feel and move and how we nourish and care for it.



### **TAHA WAIRUA - Spiritual Health**

Taha wairua is about your connection with the environment, people and heritage in the past, present and future. We can all view wairua differently.



### **TAHA WHĀNAU – Family Health**

Taha whānau is about who make you feel you belong, who you care about and who you share your life with



### **TAHA HINENGARO - Mental and Emotional Health**

Hinengaro represents your mind your thoughts, feelings and emotions.

# HOW WHAKAMANAWA WORKS

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WHAKAMANAWA promotes awareness and help – seeking behaviours. You can organise with MATES for our team to come out and lead this kōrero.



60 minutes

**Two of our MATES Field Officers will be present to ensure there is sufficient support provided during the training.**



# DELIVERY PROCESS

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An interactive facilitation through;



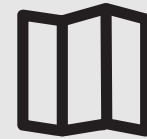
Field Officer  
presentation



Diverse  
selection of  
audiovisuals



Interactive discussion  
and question with  
participants



WHAKAMANAWA  
wallet card

**‘Everyone has a role on the journey towards  
mental wellness and suicide prevention’**

# FLY THE FLAG – 5 – 9 SEPTEMBER 2022

During the week of World Suicide Prevention Day in September, MATES in Construction will be raising Awareness of the importance of talking about mental wellness and suicide prevention across our industry.



## WHAT CAN I DO TO GET INVOLVED?

**TAKE  
10 AT 10** 

AT 10AM ON FRIDAY 9TH  
SEPTEMBER WE ARE  
ASKING INDUSTRY TO PUT  
THEIR TOOLS DOWN FOR  
10 MINUTES.

MATES will support industry with 10 minute toolboxes and resources to be used on the day to help the kōrero. Plan a BBQ, Toolbox or morning tea and Take 10 at 10 for a mate.







**“Ehara taku toa i te toa takitahi  
engari i te toa takitini”**

**Working together we are stronger!**