

**IS THE
PRESSURE
GETTING TOO
MUCH?**

**FEELING
OVERWHELMED?**

**SOMETHING
ON YOUR
MIND?**

The construction industry can be tough, and it can be hard to balance the pressure of work with a personal life.

We need to look after ourselves and each other. Sometimes all you need is qualified, professional support to help you find your way through.

Master Builders is committed to supporting the mental wellbeing of our members and offers a free* confidential helpline service for our members and their staff.

ASKING FOR HELP IS SMART AND IS ONLY A PHONE CALL AWAY

0508 664 981

FIND OUT MORE AT: [MASTERBUILDER.ORG.NZ/WELLNESS](https://www.masterbuilder.org.nz/wellness)

* Members will receive two free sessions. Firstly a free counselling service (via the phone) up to 1 hour. This can be followed up with a further free counselling session at the option of the member. Any further counselling is not covered by this service and will need to be discussed with the counsellor.