

ABOUT MATES



**Want to wear what we're about?
What are we about?
MATES helping MATES through tough times.**



MATES in Construction (including MATES in Energy and MATES in Mining) is a suicide prevention charity aimed at reducing the high rate of suicide in our industries.

The Problem

- We lose 200 workers a year to suicide
- Our workers are 6 x more likely to die by suicide than a workplace accident
- We know suicide is a preventable
- With training and awareness, we hope to eliminate suicide from our industries, completely.

Our Program:

Over the last 13 years the MATES program has focused on:

- Building a network of eyes and ears on sites across Australia.
- Workers who can recognise the signs a mate might be doing it tough and connect them to help.
- Learning skills via our General Awareness and Connector Training, Life Skills Toolboxes and Applied Suicide Intervention Skills Training (ASIST) for the construction, mining and energy industries.
- To build help-offering skills within our industries to support suicide prevention.
- We also provide a 24/7 Helpline and case management for our workers who are in distress and connect them to further support if required.
- Our free 24/7 Helpline is **1300 642 111**

In 2021, MATES was endorsed by the **World Health Organisation (WHO)** as an example of Global Industry Suicide Prevention Best Practice.

To find out more go to: mates.org.au

Show your support for MATES in 2022 by decking yourself out in our new merch range. We can proudly say that **ALL** our t-shirts are made and printed here in Australia. It costs a bit more but we're backing our local MATES in manufacturing and hope you will too.

Thanks for your support, legends!

TIP: Reduce your freight cost by ordering for your whole site.