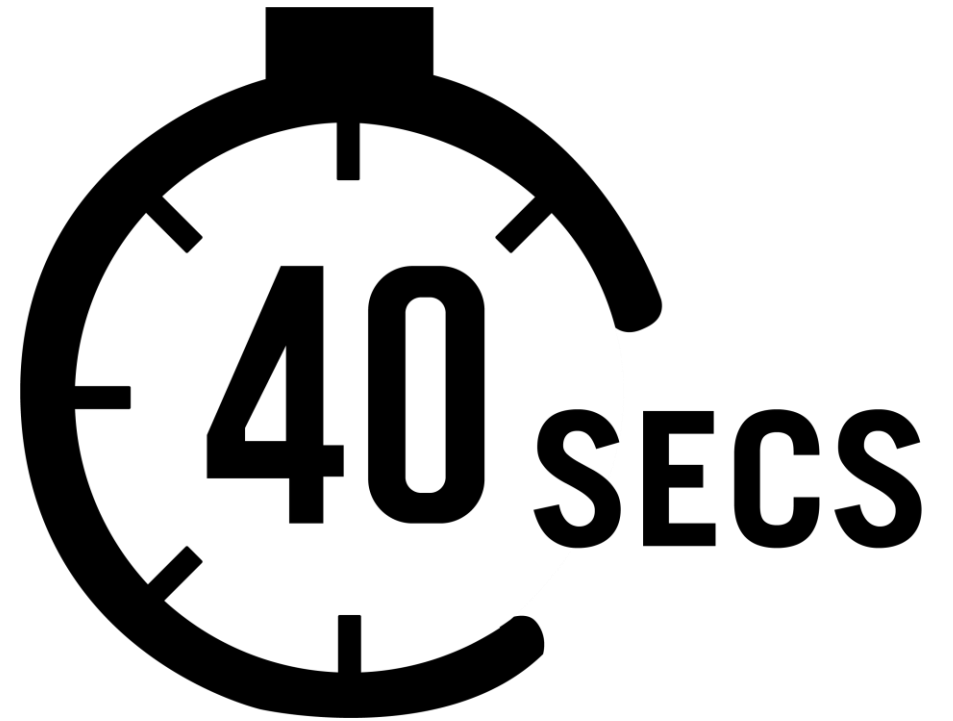


MATES in Construction NEW ZEALAND



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

**Every 40 seconds around
the World someone takes
their life.**



DEATH BY SUICIDE 2007-2017

5,536 DEATHS

Ministry of Justice - Coronial Services



NZ FACTS

Every year

150,000

Kiwis think of taking their lives

50,000

make a suicide plan

20,000

attempt suicide

Over

500

die by suicide

**1 IN 2 HAD
TOLD SOMEONE**

MATES IN CONSTRUCTION

- Originated in Australia in 2008
- Established here in 2019 at the invitation of the New Zealand construction industry
- Here to address the number of workers we lose to suicide every year
- We are a New Zealand charitable organisation
- The programme builds on the strength of the industry
- MATES helping mates - Stronger Together

2019



Why are we here?

We are

6 times more likely

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

99%

of those that we lose to suicide in our industry are men.

32% of those that we lost to suicide in our industry over a ten year period were deemed to have been influenced by

workplace pressures.

Construction

Overall construction suicides account for approximately 20% of workforce suicides, although construction accounts for only 9.5 % of the workforce. Therefore, suicides in construction are 2 times overrepresented for their proportion of the workforce.

At least **ONE** person dies **every week** to suicide, that's more than 52 lives a year, which is the equivalent of 10 per cent of Aotearoa's total suicide rate

WHY CONSTRUCTION?

LIFE

Relationship problems

Pending legal matters

Financial problems

Grief

Child custody disputes

Other life events

Conflict

Work problems

Recent/pending unemployment

OUR INDUSTRY

Long working hours

A culture of not allowing
discussion of problems with mates

Culture of heavy alcohol/drug use

A male dominated industry

Lack of job security

Bullying behaviours

Financial pressures



NZ SUICIDE RATES BY AGE

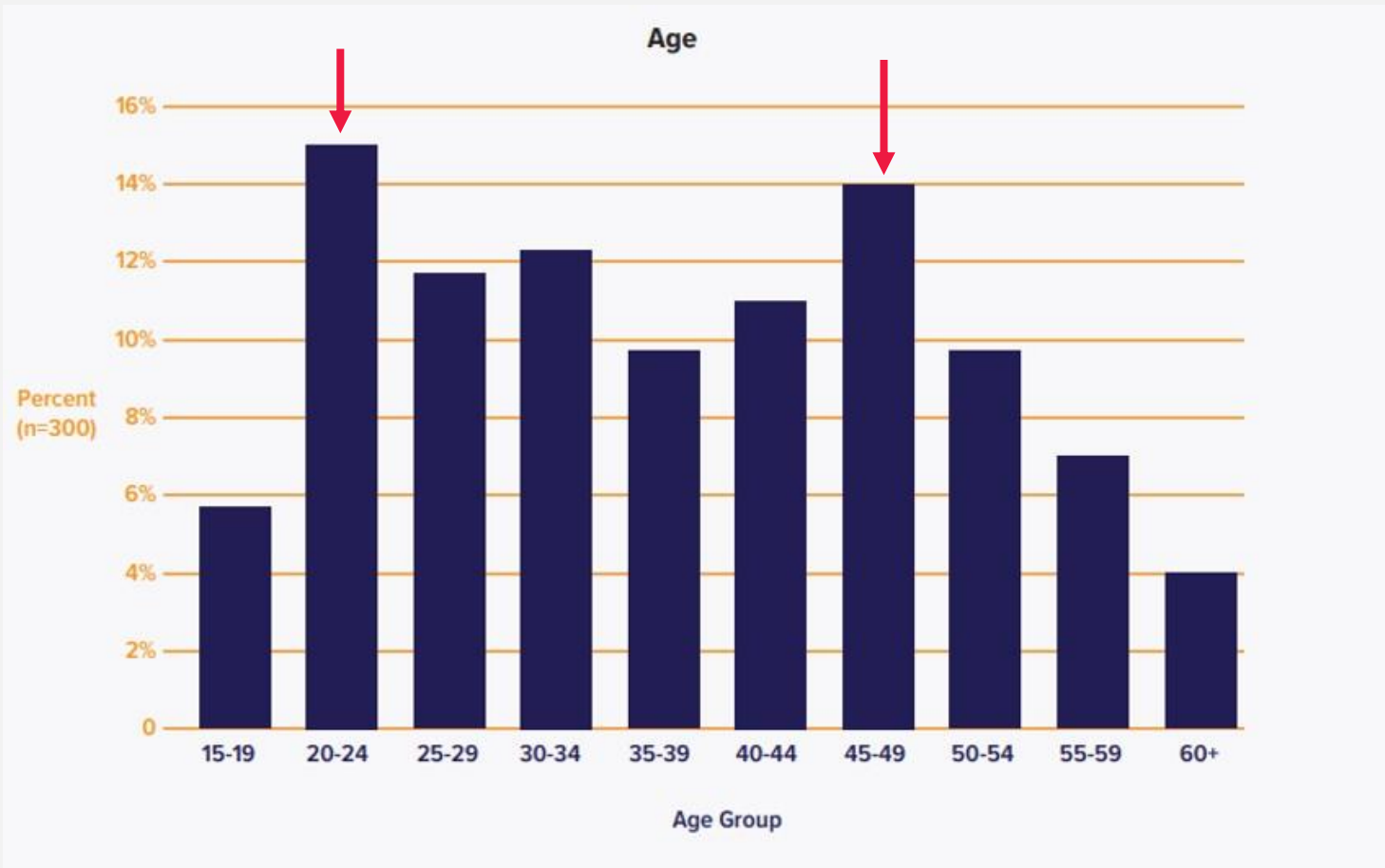


Figure 1. Age at time of death (refer to Table 1 in Appendix)

BRANZ Research –
suicide in the
construction industry
(2019)





MYTH : SUICIDE IS A CONSEQUENCE OF MENTAL ILLNESS

Over **HALF** of those we lose to suicide do not have any mental illness.

THIS IS ABOUT MENTAL DISTRESS NOT MENTAL HEALTH.



Shame



Alcohol



Lack of
Self-worth



Poverty



Drugs



Racism



Unemployment



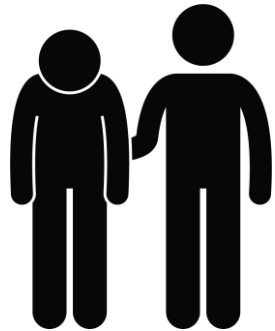
Housing



Depression

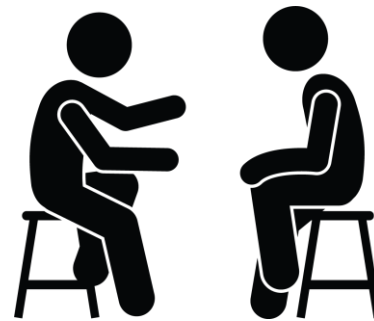
WHAT DO WE DO? TELL SOMEONE

Tell someone, in the best way you know how, that you are struggling

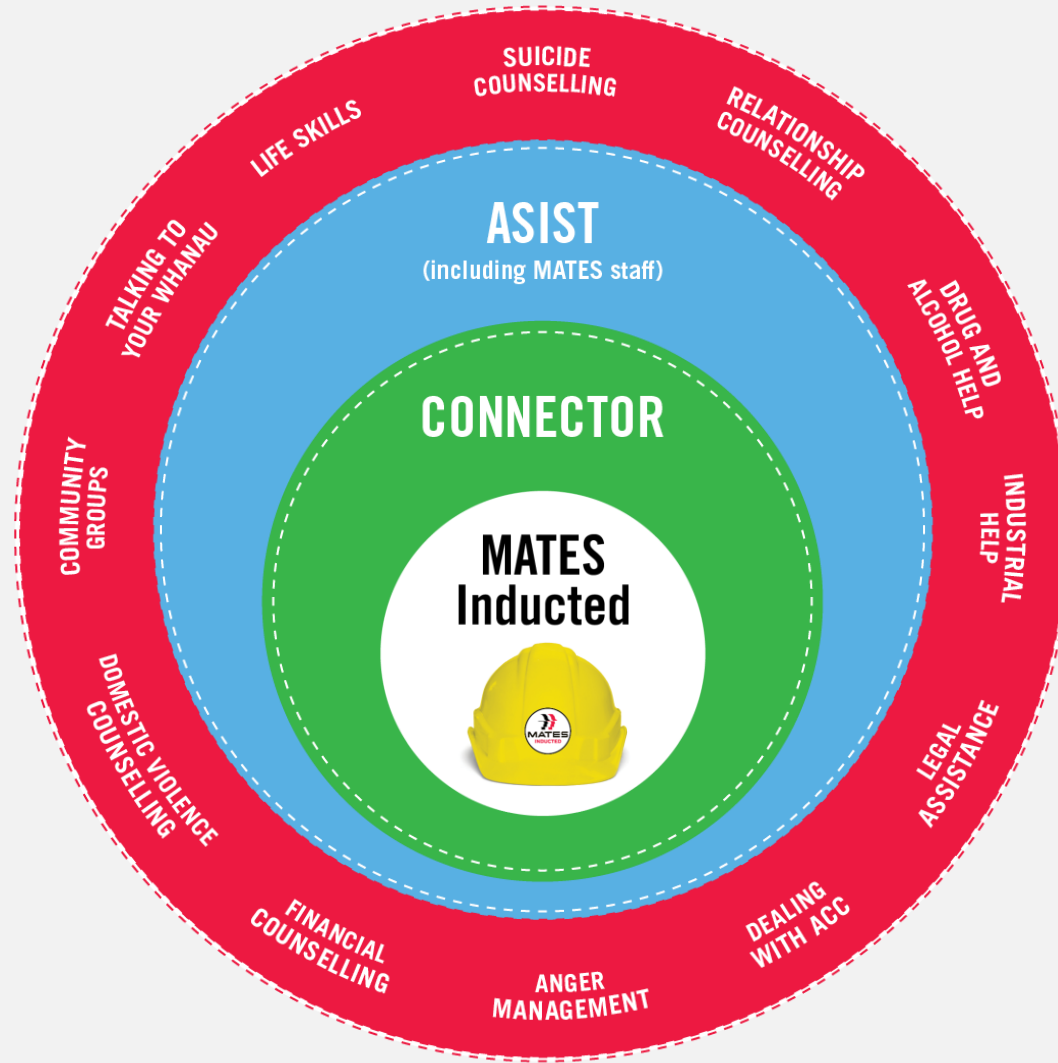


OR

Tell someone, if you can see that they are struggling



HOW THE PROGRAMME WORKS



WHAT DO WE LOOK FOR?



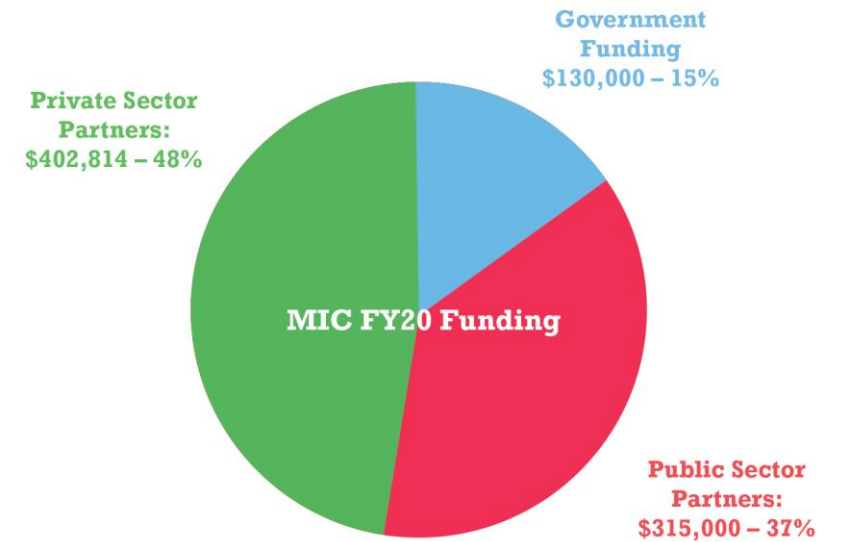
HOW THIS COMES TOGETHER



WHAT WE HAVE ACHIEVED

- 11,383** workers inducted
- 198** sites delivering mates programmes
- 1691** workers requesting call backs
- 557** people trained as connectors
- 84** companies have signed up

WHERE OUR FUNDING COMES FROM



EVIDENCE BASED AND RESEARCH FOCUSED



Improving the uptake of mental health support in the NZ Construction Sector for suicide prevention.



Better understand the suicide rates within our industry which will assist MATES to design and target interventions to at-risk groups and assess their impacts.



IS IT WORKING?

The benefits of the MATES programme have been independently confirmed. An interim summary delivered to MATES on 30th March by Professor Marc Wilson, Acting Dean of the Wellington Faculty of Science at Victoria University, has noted 'statistically significant' findings from a study of 8,492 participants in our workplace training.



IS IT WORKING?

“Straight after your presentation I postponed the rest of my meetings for the day and booked myself into my doctor and made a physio appointment. I realised that I hadn’t been looking after myself and needed to, for my family, myself and my role.”

Operations Manager

“I hadn’t realised how dangerous my present state of mind could become until I watched you guys... I think I need to talk with someone about my work pressure”

Senior Construction Manager

“I saw your big guy’s do the GAT, and felt it was ok to ring you’s for help”

Labourer

“I was planning to take my life that night, but when you said, ‘if you are struggling, tell someone you trust’, I heard you and later told my boss who kept me safe and got me help”

Young Apprentice

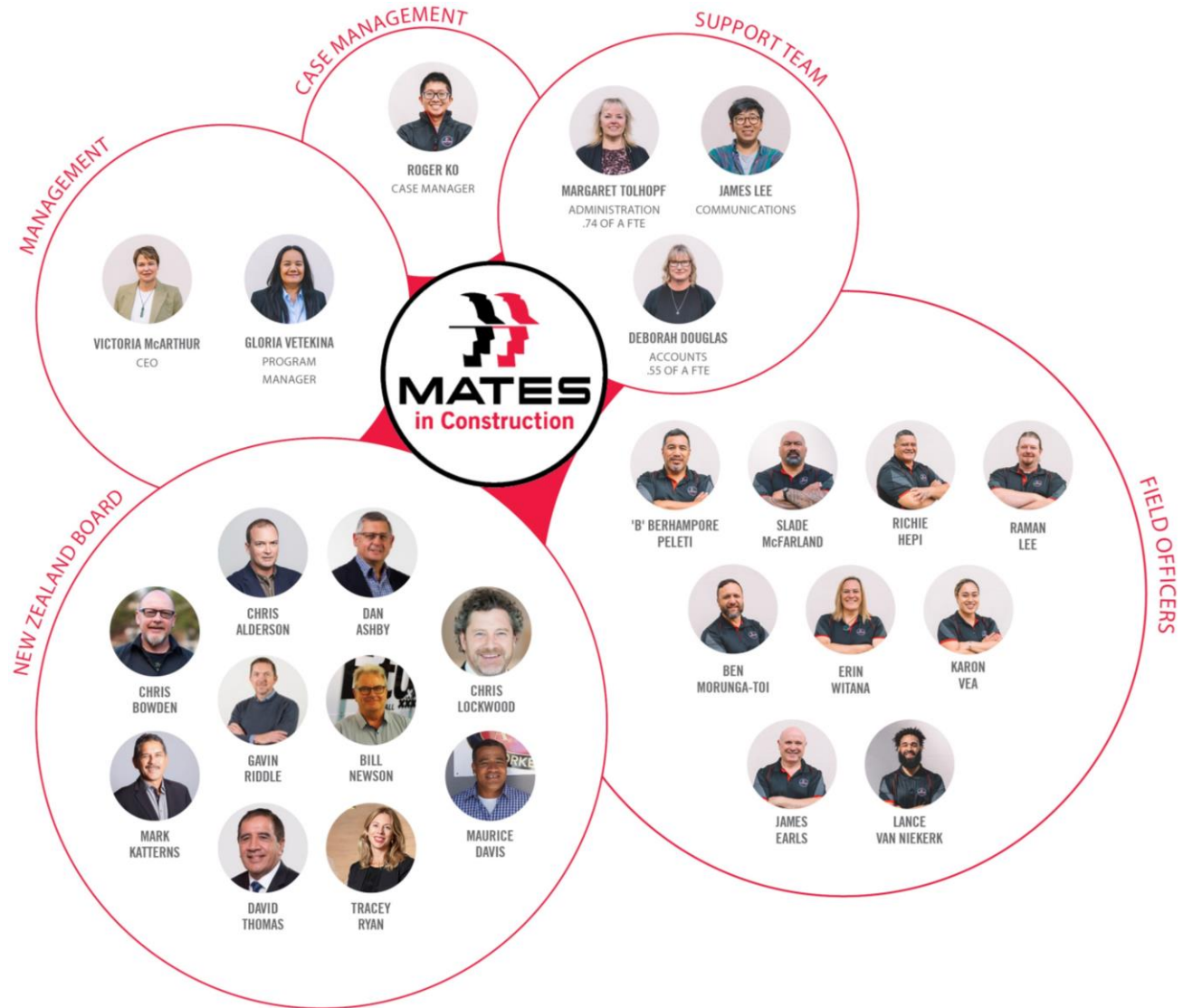
“It was amazing, I see this every day from our workers, and I was never sure how to approach the subject or ask the question “Are you OK?”

“Now I do, Thank you”

Construction Business Owner



The MATES team





MATES in Construction NZ Video





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

Working together we are stronger!