

# GOOD to GO? INITIATIVE



## **Good physical health is vital in the construction industry, but good mental health is equally important.**

The Apprenticeship Community cares about our community and is focused on helping apprentices and trainees succeed and thrive.

We have teamed up with MATES in Construction (MIC) to offer all building and construction apprentices and trainees access to a 24/7 helpline. This helpline is also available to your family members. See the back of this resource for contact details.

MIC also have a Case Management Service and access to field staff to assist you. This service is FREE and CONFIDENTIAL.



## **MIC WA Case Management Service:**

- 1 Is a FREE and completely CONFIDENTIAL service; nothing is discussed or released to employers, family, other agencies, etc without your written consent.
- 2 Can help you and your immediate family.
- 3 Is available Monday–Friday during business hours, with weekend and after hours support available via **1300 642 111**.
- 4 Quickly responds to requests for help, usually the same or next business day.
- 5 Is caring and non-judgmental.
- 6 Provides support for you to manage the areas of your life that you would like to improve and help you to build resilience.
- 7 Will refer you to the appropriate specialist community services to manage your issue, while the MIC WA Case Managers continue to oversee your overall care.
- 8 Provides regular ongoing contact depending on your needs.
- 9 Provides safety plans and suicide intervention support where required.

## **FOR IMMEDIATE HELP AND SUPPORT:**



**For immediate help and support for yourself, a family member or a colleague who is doing it tough contact *MATES in Construction* 24/7 Help & Referral line**

**1300 642 111**

**For mentoring support contact The Apprenticeship Community Mentoring Service on 08 6165 3362**