WORLD SUICIDE PREVENTION DAY THURSDAY SEPTEMBER 8TH

FLY THE FLAG FOR MIC

THANK YOU FOR FLYING THE FLAG FOR MATES IN CONSTRUCTION.

By Flying the Flag your site is showing its support to MATES in Construction but also to the community that the construction industry is actively doing something about suicide prevention in the industry.

This year we are coordinating the Fly The Flag for MATES in Construction campaign with R U OK Day – September 8.

This brochure will provide you with the details of what to do on the day, to consider the safety of the workers around you and what to do if you decide to do any fundraising on the day.
It is important to consider the impact of discussing suicide and suicide prevention upon the workers on your site.

When discussing suicide prevention it is always important to remember that it is possible some of the people we work with may have had previous experience with a suicide loss or know someone that has. In such circumstances it is not uncommon for some people to have an emotional or even traumatic response to the subject matter. To ensure that those previously affected by suicide are adequately supported during the MIC Fly the Flag on World Suicide Prevention Day event we ask that your site or organization takes the appropriate steps to ensure anyone whom may struggle during this event is properly supported.

We ask that the champion of the event for your site is able (with the support of MIC Staff) to ensure that:

- The contact number for Mates in Construction is provided to workers on the day.
- Anyone who may be struggling is encouraged to speak to one of your site connectors or call the MIC 1300 number for support.
- There is information available on how to connect with support (MIC Staff will supply this information as part of your Fly the flag Day Package).
- Workers are encouraged to look out for signs that their co-workers might be struggling.

Remember – the MATES 24 hour support line number is 1300 642 111.

WHAT TO SAY ON THE DAY

ASK FOR EVERYONE’S ATTENTION

“Can I ask for a few minutes of your time, you may have noticed the Mates in Construction flag”

POINT TO FLAG

- “There is a reason why we are flying the Mates in Construction Flag today. Today is R U OK Day. Every year 190 across Australia, 190 construction workers take their own lives. That’s a worker every second day.
- Today we join other workers across Australia who are pausing for a couple of minutes this morning to hear the same message, to support Mates in Construction, and to pledge support to our mates.
- This is also happening this morning on the Kokoda trek, by our fellow workers raising money for Mates in Construction.”

PAUSE THEN PLEDGE

“What we are here to do today is to celebrate the great work we are doing as an industry to prevent suicide. Because of what we are doing many of our friends and colleagues are still with us. Something as simple as caring for our Mates makes a real difference.

Also remember that days like today can stir up stuff for us, so remember that if you need to talk to someone, either talk to a connector, or call the number on the poster. Today is a perfect day to ask your mate R U OK.

“I now ask that you take a pledge with me. I pledge to look out for my mate, all those in favour raise your hand and say I.”

WAIT FOR RESPONSE

“Thank you for your support, I will also be bringing round a bucket for any gold coin donation, money used to support the charity that supports us”

WHAT TO DO WITH ANY MONEY RAISED

Thank you for raising funds from Flying the Flag for Mates in Construction. You’ve done the hard work, getting everyone together, raised the flag and raised some money – now what do you do?

You have a couple of options:

1. Contact your local Mates in Construction Field Officer to arrange pick up of any funds raised.
2. Deposit any funds raised in your local Mates in Construction bank account. Contact your local Mates in Construction office for the details.

a. MIC Qld — (07) 3833 1140
b. MIC NSW — (02) 9566 4200
c. MIC SA — (08) 8373 0122
d. MIC WA — (08) 9463 6664
3. Deposit funds raised online. Go to the Mates in Construction website (www.matesinconstruction.org.au) and go to the Fly The Flag page. Click on your state and follow the prompts.
SEND US YOUR PICS

We would love to see any pictures or videos of your site Flying the MATES in Construction Flag.

The more “creative” the better! A group photo of your MATES taking the pledge with the MATE in Construction flag is an iconic and strong message to share.

Again, there are a few options you can take:

1. **Post them on Twitter** – using #MICFlytheFlag2016
2. **Post on Facebook** – search for MATES in Construction
3. **Send your photo to the MATES in Construction office** (lars@matesinconstruction.org.au) – we can upload them to our website and to social media on your behalf

Check out the above photos from last year to give you inspiration.

Any questions, contact your local Field Officer or your local MATES in Construction office.

THANK YOU FOR FLYING THE FLAG ON WORLD SUICIDE PREVENTION DAY.
TO TAKE PART EITHER:

Register with your local MIC Field Officer

Contact MATES in Construction in your state
WA (08) 9463 6664  
NSW (02) 9566 4200  
SA (08) 8373 0122  
Qld & Nat (07) 3833 1140

Register online www.matesinconstruction.org.au

If you or a mate are doing it tough, call our 24/7 HELP LINE
1300 MIC 111 (1300 642 111)