



# GENERAL AWARENESS TRAINING

Book a spot in the next  
General Awareness Training

The MATES programme builds and strengthens communities in the workplace and across the industry.

The General Awareness Training:

- Raises suicide awareness.
- Encourages workers to seek help when dealing with difficult situations.
- Helps workers to recognise when you or your mates are struggling.
- Shows workers how to get help for both for themselves and their mates.



WHEN

WHERE

CONTACT

Stronger Together

0800 111 315 / [www.mates.net.nz](http://www.mates.net.nz)