



*In recognition of those who have made
an outstanding contribution to
suicide prevention within Australia*

OzHelp Queensland Ltd

Established in September 2007 with the support of the Building Employees Redundancy Trust, OzHelp Queensland aims to improve the mental health and wellbeing, social capacity and resilience of workers in the Queensland construction industry – an industry in which workers are six times more likely to suicide than to die from an industrial accident. Part of a national network of OzHelp organisations, OzHelp Queensland facilitates the unique community development and peer support suicide prevention program, MATES in Construction (MIC).

Implemented in consultation with site management, unions and an OzHelp Queensland field officer, the program raises awareness of the problem of suicide in the construction industry through the delivery of General Awareness Training to at least 80 per cent of on-site workers, with presentations conducted on an ongoing basis over the life of the project. The training highlights the importance of mental health and wellbeing to workers and encourages key workforce members (known as 'Connectors') to act as a contact point between their peers and access to professional support services.

MATES events, such as BBQs, tool box talks or lunchtime meetings, provide the space and opportunity for workers to discuss specific mental health and wellbeing issues.

Since inception, some 3,000 workers have participated in MIC General Awareness Training, and more than 300 workers have been trained as Connectors on building sites across South East Queensland. In response to this network, OzHelp has assisted with 15 direct suicide interventions and has case managed more than 150 clients from the Queensland construction industry. The MIC principles have also been adopted by a Queensland Health-funded program aimed at providing life skills training to apprentices in the construction industry.

OzHelp Queensland is also accredited to provide the LivingWorks ASIST suicide first aid program.