



MATES | STRONGER TOGETHER

COPING WITH COVID-19



LOOK OUT FOR YOUR MATE

This can be a tough and uncertain time for many. If you are concerned for them, talk to them and link them up with a Connector or ASIST worker



WHAT'S NORMAL

It is normal to have a range of emotions – sad, angry, confused, scared. Using skills that got through tough times previously may also be useful. Talking to your Mates can help.



FACT OR FICTION

Get the facts. Be aware that everything you hear or read about the virus may not be true. Stay up to date from a trusted source like: health.gov.au or health.qld.gov.au



LIMIT YOUR WORRIES

Spend less time listening and watching media coverage if you find this upsetting. Focus on an activity that gives you energy and life.



OVERWHELMED

If you are feeling overwhelmed, talk to a mate or ring MATES on 1300 642 111. Helping your mate to talk to someone works. Talking with someone can help.



STRONGER TOGETHER

Remember Mates are Stronger Together. Helping your mate to talk to someone works

MATES IS OPEN

**IF YOU NEED TO TALK OR NEED HELP,
PLEASE RING OUR 24/7 SUPPORT LINE 1300 642 111**

As always, we will have case managers and field staff available to speak with you, catch up if possible, visit sites, and connect you to sources of help and assistance where needed.

PREVENTING SUICIDE IN THE MINING INDUSTRY