



## SUPPORTING THE *HOW'S IT GOING?* INITIATIVE

It is becoming more widely understood that a mentally healthy workplace creates a resilient and resourceful workforce and an environment where workers, at all levels, feel supported to achieve personal and professional goals.

The *How's it going?* initiative of Master Builders Tasmania aims to increase mental health and wellbeing awareness within the building and civil construction industries and to equip those workers to respond effectively to difficult circumstances, to notice others who may be struggling and to offer support.

Why should my business support *How's it Going?*

OzHelp Tasmania:

- is the premier provider of mental health and wellbeing services to the Tasmanian building and civil construction sectors across the state;
- works in conjunction with other service providers who do not have a footprint in Tasmania;
- has over 10 years of experience as a leader in workplace training and support services in the Tasmanian building and civil construction industries and has a depth of knowledge about the issues that workers in the industry commonly face;
- delivers in a proactive and industry tailored manner;
- has staff based in the North, North West and South of the State which allows us to travel to remote locations and support Tasmanian workers on the ground;
- provides someone for workers to talk to in times of crisis;
- can attend on-site toolbox meetings to promote the support services available through OzHelp Tasmania and the Master Builders Tasmania *How's it Going?* initiative;
- can provide workers with the confidence to seek help if they need it and the tools to help them look after their mates; and
- works in conjunction with existing workplace services and helps to add value to other workplace initiatives.

Together as an industry we can continue to make a difference, save lives and support individuals in times of difficulty.

If you have any queries or would like to support the initiative, please contact OzHelp Tasmania on 1300 003 313.