



# OzSupport

OzSupport is a dedicated construction industry program making sure that apprentices and workers are able to keep moving forward in their personal and professional lives. The service includes:

## APPRENTICE SUPPORT

The move from school and the first few years in the construction industry can be hard. If you are needing some new ideas for issues at home or at work the OzHelp Support Services have a whole range of resources that might help.



"Having a chat with someone really helped. It was not something I felt I could talk to my mates about. "

## WORKER SUPPORT

The building and construction industry is known as a tough industry, however, problems find a way to effect us all, no matter how tough we might think we are. Whether it be stress at work or at home, relationship difficulties, or you've been feeling down for too long, talking to someone can help.

Contact an OzSupport worker if there are personal, work or home related issues that are holding you back from enjoying life or affecting your ability to work safely and efficiently on site. Family members are also eligible for support. All OzHelp Counsellors are professionally trained, understand the industry and are committed to working in a confidential and respectful manner.

### Issues with which we can help are as follows:

- Conflict resolution & communication
- Financial stress & debt management
- Relationship & family difficulties
- Dealing with anger & other strong emotions
- Addictions
- Depression
- Thoughts of self harm
- Dealing with grief & loss
- Problem solving at work & home

If any of the above are issues which affect you, contact OzHelp to request an appointment or a field visit. OzHelp Field Officers can catch up with you at a time and place that suits you, even on site, and assist you in finding some practical solutions.

## Confidentiality

- OzHelp is independent from employers.
- Each team member is bound by strict ethics relating to privacy and is committed to providing respectful and confidential services.

## OZSUPPORT

- Personal Support
- Field Officer Outreach
- OzConnect

## OZCONNECT

As an important component of OzSupport, OzConnect provides a practical and innovative way for us to connect with apprentices and workers of the building and construction industry. This health promotion initiative, in the form of a barbeque, runs on a weekly basis visiting many of the main construction sites, and all apprentice training centres. It provides access to information about mental health and wellbeing, while connecting you, the workers, to other health services which may be present at a barbeque.

### Look out for the next OzConnect event on your site!

"I had been feeling pretty down for longer than I wanted to admit and I was spending all my money on the pokies. Having a chat with someone really helped. It was not something I felt I could talk to my mates about. "

**(Rick – Carpenter)**

"My girl friend and I were having some pretty bad arguments and I was not dealing with my anger so well. Talking with OzHelp helped me get different ideas for handling my anger. It was good having an objective person to talk to."

**(Jason, 34 year old Industry Worker)**

## The OzHelp Foundation

1300 OZHELP (1300 694 357)

[www.ozhelp.org.au](http://www.ozhelp.org.au)



"Talking with OzHelp helped me get different ideas for handling my anger. It was good having an objective person to talk to."