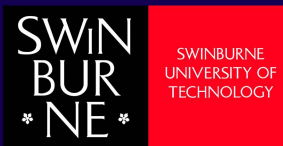
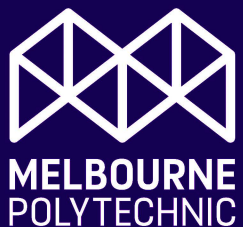


This work was produced through
a partnership between Melbourne
Polytechnic, Hope Assistance
Local Tradies, and Swinburne
University of Technology

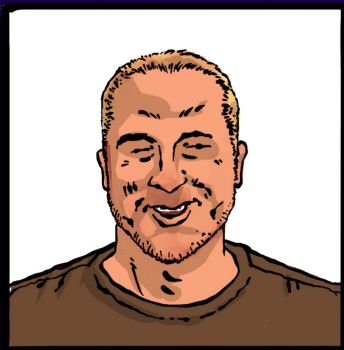
All artwork created by
Darren C Fisher

Story by Hilary Davis,
Shane Lawtey, Darren C Fisher,
Jeremy Forbes & Steven Murdoch

Slamming the Mental Health Stigma at TAFE



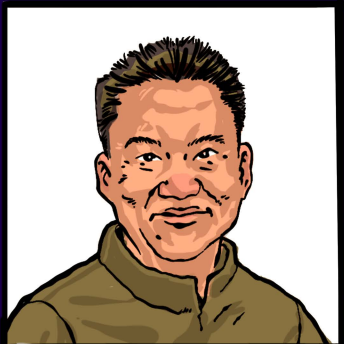
Jeremy Forbes- HALT co-founder and speaker



Jeremy has experienced the highs and lows associated with the building industry financially, physically and mentally.

He would like tradies to be more conscious of how depression, stress, tiredness and frustration can impact their lives, and the loved ones around them.

Edward- Melbourne Polytechnic student counsellor



A team member of the Counselling Service, Edward offers free and confidential counselling support.

The service also provides useful mental health and wellbeing resources for students to manage tough times.

Danni – Apprenticeship Support Officer (ASO)



Apprenticeship Support Officers contact eligible apprentices within their first three months of commencing an apprenticeship, offering both workplace related and personal support.

Danni regularly attends the Heidelberg Campus, subject to restrictions and lockdowns.

Shane Lawtey- Team Leader at Melbourne Polytechnic



As team leader for Student Life At Melbourne Polytechnic (SLAM), Shane works closely with trade teachers and program leads to provide industry connections and a variety of support programs.

SLAM support includes free food, products, and helpful information.

Melbourne Polytechnic's Heidelberg campus features construction trades which include:

Carpentry,
Cabinet Making,
Bricklaying,
Plumbing,
Electrical,
Metal Fabrication
and
Locksmithing.

SLAM is the heart of Student Life at Melbourne Polytechnic.

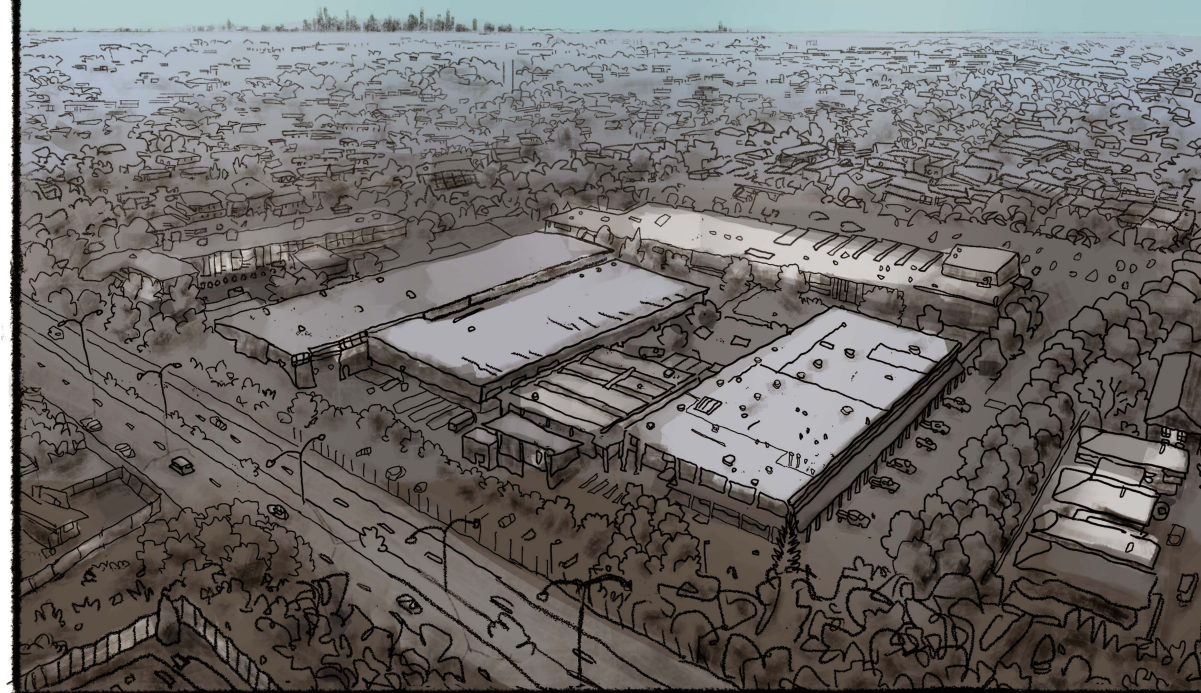
SLAM welcomes apprentices, runs industry events on campus and helps students feel part of the Melbourne Polytechnic community.

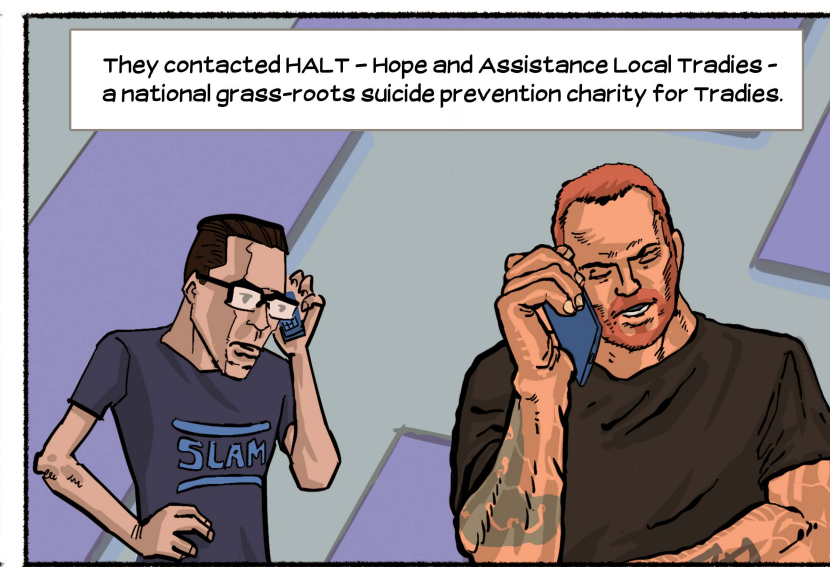
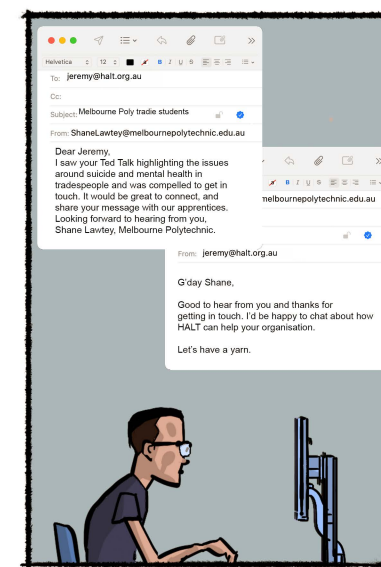
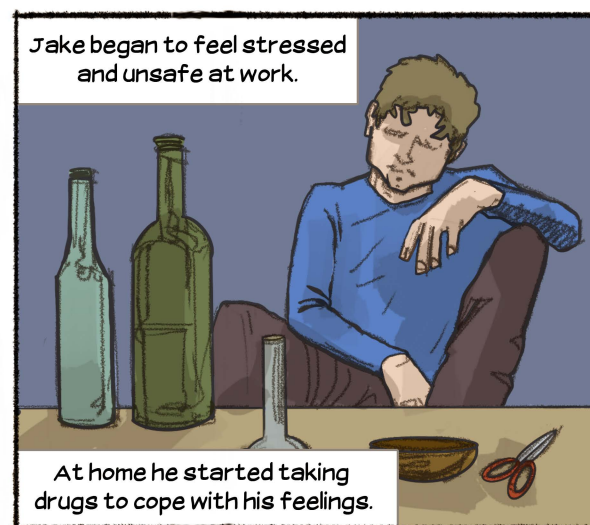
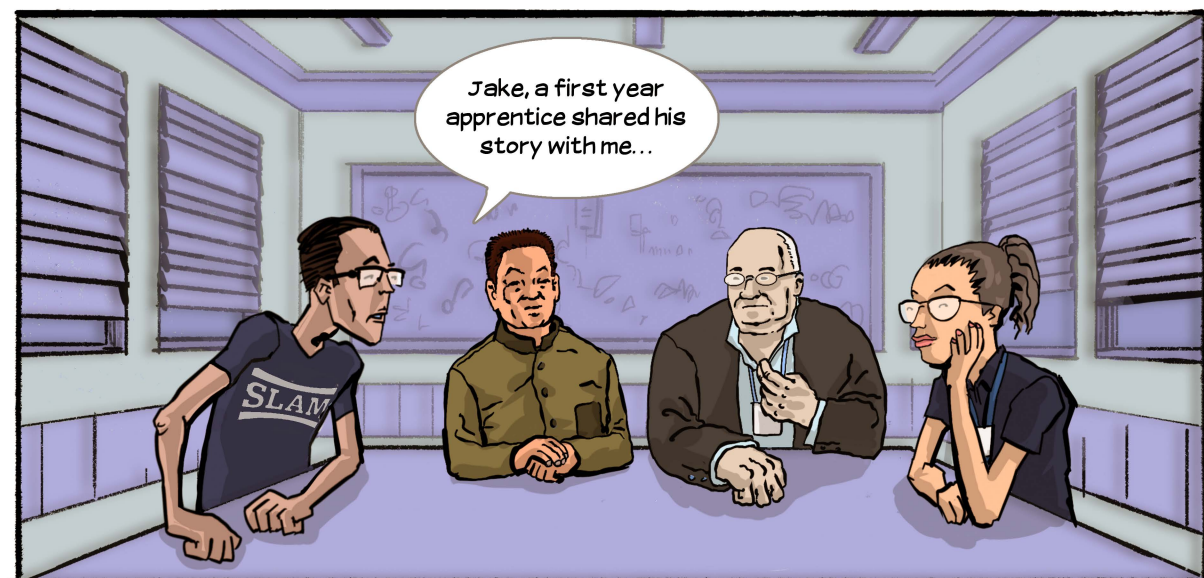
Apprentices can use the student mobile app 'Thrive', to access information about support services available at Melbourne Polytechnic, and in industry, that will help them while studying their apprenticeship.

MELBOURNE POLYTECHNIC HEIDELBERG CAMPUS

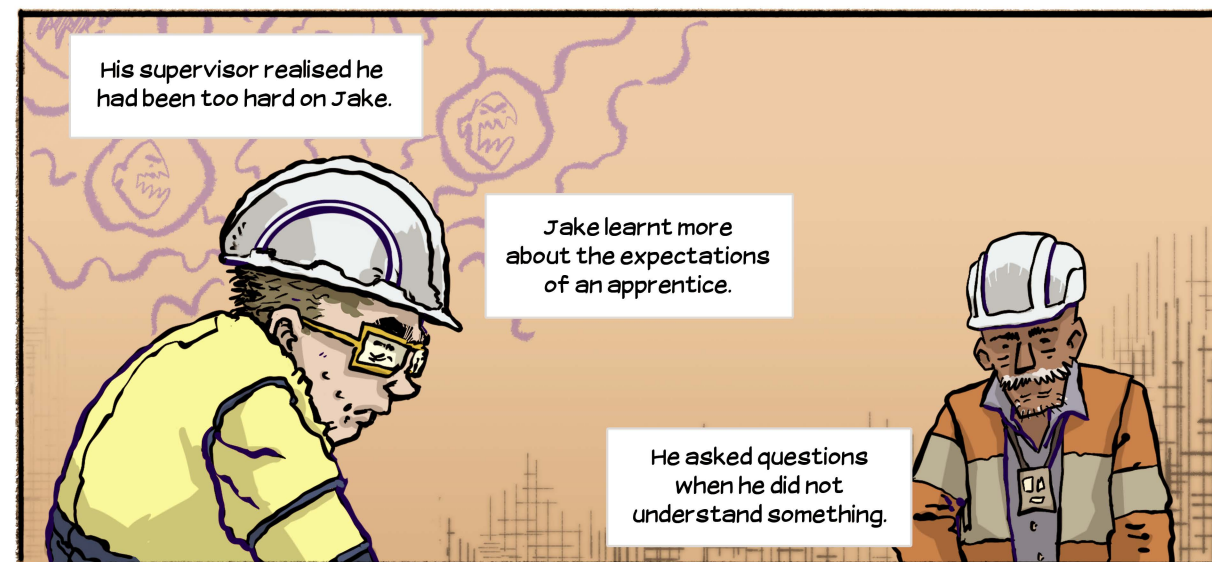
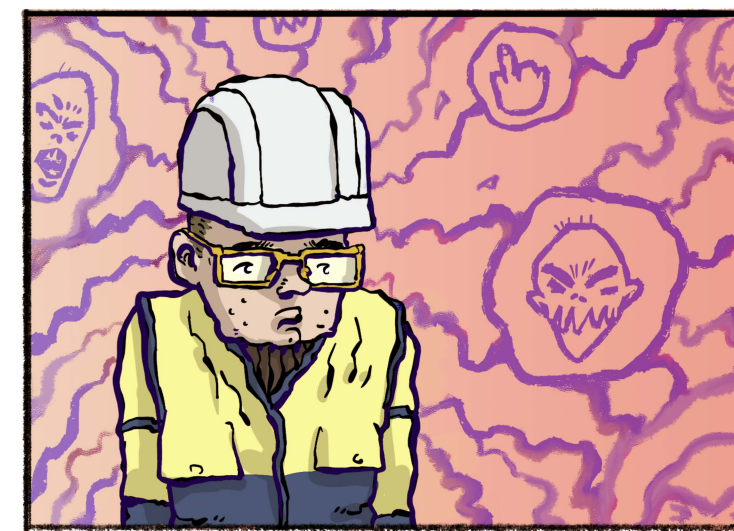
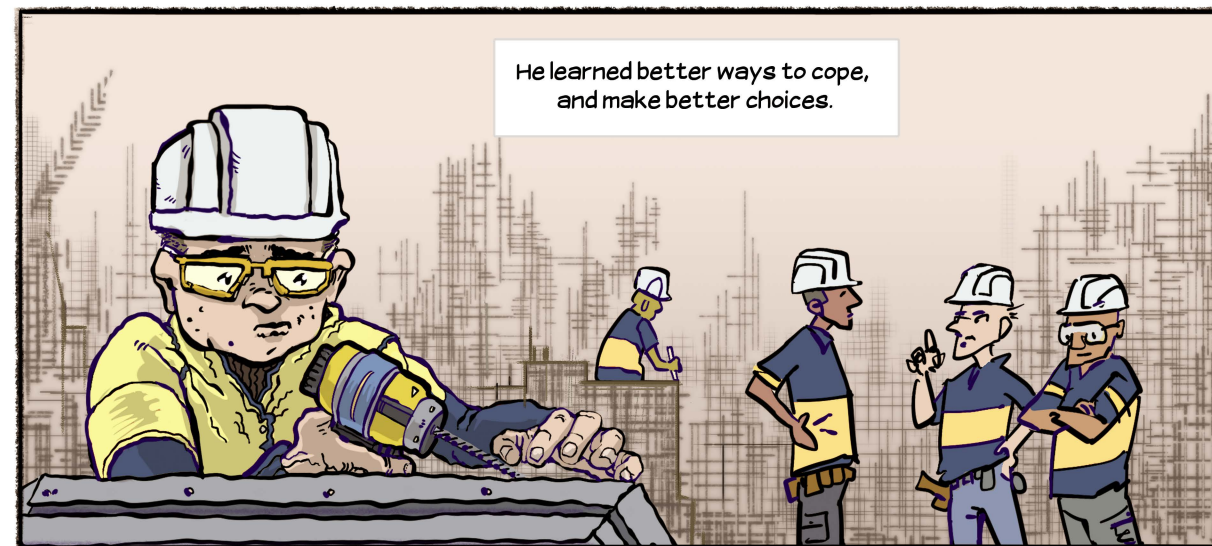
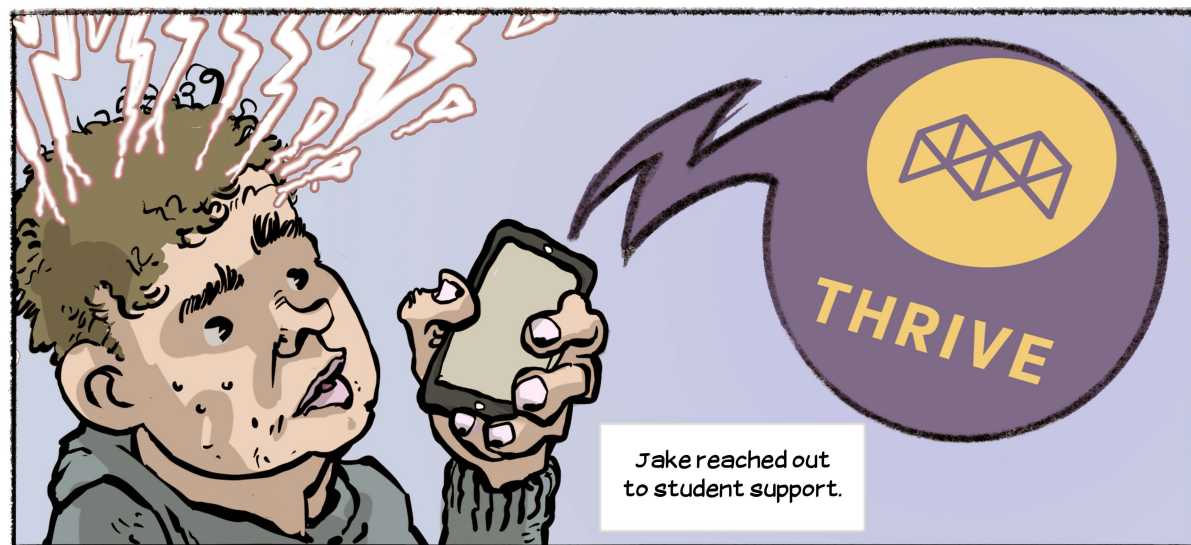
Staff meet to discuss student mental health issues and solutions

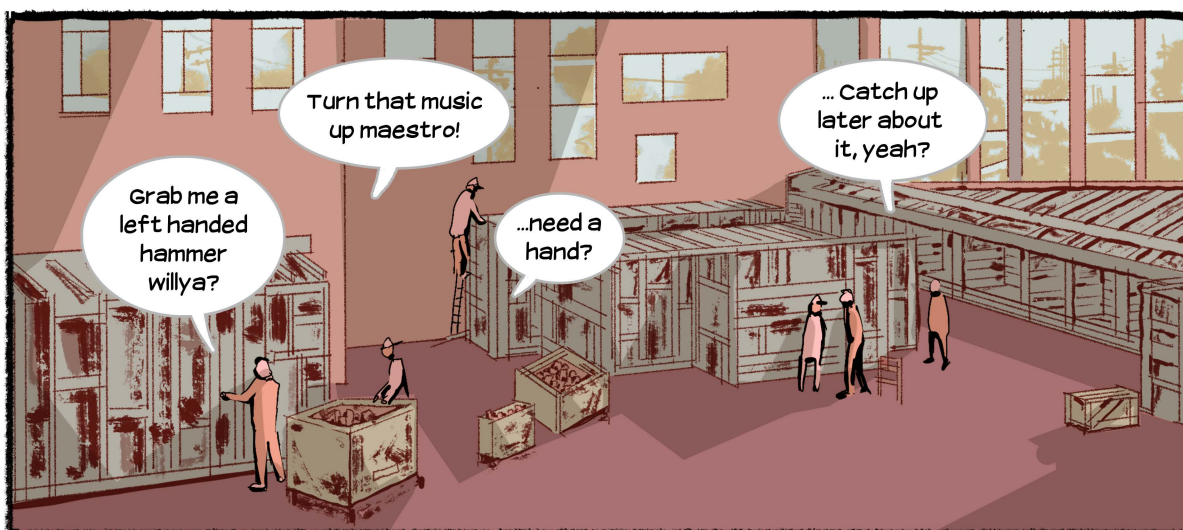
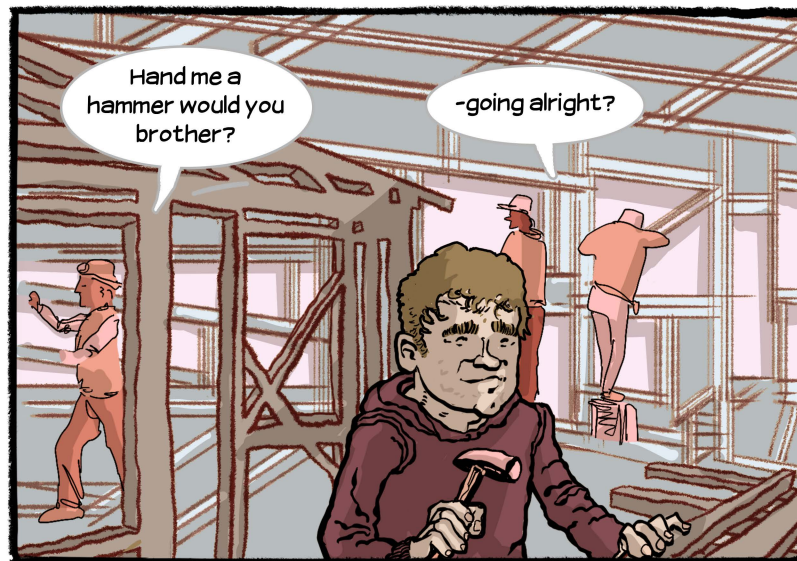
Our TAFE students tell us that one of the main things they are struggling with is with worksite bullying.











Jake was able to get the help he needed and cope better.

If you are faced with tough situations on the worksite, at TAFE, with relationships, financial worries or drug and alcohol abuse, try to seek help from a professional.

There are support services offered to apprentices through your TAFE counsellor, local community health and national health organisations. Support is available for men, women and gender-diverse tradies. Many services are free and they are always confidential. Ask your teacher or Apprentice Support Officer if you get stuck.

Your GP will write up a mental health care plan and provide you with a referral for appropriate counselling or other mental health services. If you have a mental health care plan, you will be entitled to a Medicare rebate for up to 10 appointments per year. Many therapists and counsellors are also offer online or phone counselling services.

National Helplines:

Headspace: headspace.org.au

Lifeline: 13 11 14 lifeline.org.au

SANE: 1800 187 263 sane.org

Alcohol and Drug Foundation: adf.org.au

National Debt Helpline: 1800 007 007 ndh.org.au

Relationships Australia: relationships.org.au

Gamblers Help: 1800 858 858 gamblershelp.com.au

QLife: 1800 184 527 qlife.org.au