

HOW DOES THE 'BE A MATE' FORESTRY WELLBEING PROGRAMME WORK?

1 Identify Your Business Needs

Register Your Interest: Contact us using the details below.

Identify Wellbeing Needs

Assessment: We will connect to understand your well-being strategy and mental wellness goals.

Delivery Decision: Choose between internal delivery (trainer license) or external delivery by Be A Mate Trainers.

Trainers Development Training:

Recruit, Train, Support, Activate

2 Establish a Safety Net First

Safety Net Setup: As a first step towards receiving the awareness training, HelpMates need to be established as a safety response to the delivery of the Be A Mate programme.

Support Resources: HelpMates will be connected to list of both organisational and community resources.

Induction for Existing Safety Aiders:

If you already have Safety Aiders, we will induct them into the Be A Mate HelpMate training and equip them with forest-specific resources in a refresher.

3 Plan Wellbeing Awareness Training Schedule:

Plan a schedule of well-being awareness trainings that cover all your staff.

4

Schedule CoMate Training

Equip Helpers:

Schedule training for those interested in becoming a CoMate.

5

Schedule GrowMate Training

Support Back to Work: Schedule training for HR, HS and wellbeing staff interested in becoming a GrowMate.

6

Apply for Be A Mate Accreditation

Completion Recognition: Once all steps are completed, apply for a Be A Mate Quality Mark

Formal Presentation: Our team, including licensed trainers, will present the accreditation formally.

7

Join the Be A Mate Network

Platform support:

We are designing a dedicated, dual platform for the forestry industry to enlist your Be A Mate Helpers. This platform lets trained helpers schedule availability, access support from peers, and provide immediate help to distressed individuals. The subscription-based platform launches in late 2024.