

# MICWA CASE MANAGEMENT SERVICE:

FOR IMMEDIATE HELP AND SUPPORT FOR YOURSELF, A FAMILY MEMBER OR A COLLEAGUE WHO IS DOING IT TOUGH



CASE MANAGEMENT SERVICE WA

- 1** Is a FREE and completely CONFIDENTIAL service: nothing is discussed or released to employers, family, other agencies etc, without your written consent.
- 2** Can help you AND your immediate family.
- 3** Is available Monday–Friday during business hours, with weekend and after hours support available via 1300 642 111.
- 4** Quickly responds to requests for help, usually the same or next business day.
- 5** Is caring and non-judgmental.
- 6** Provides support for you to manage the areas of your life that you would like to improve and help you to build resilience.
- 7** Will refer you to the appropriate specialist community services to manage your issue, while the MICWA Case Managers continue to oversee your overall care.
- 8** Provides regular ongoing contact dependent on your need.
- 9** Provides safety plans and suicide intervention support where required.



**CONTACT  
MIC'S 24/7 HELP  
& REFERRALS LINE  
1300 642 111**

**MIC WESTERN AUSTRALIA**  
ABN 99 166 347 539  
08 9463 6664  
Lvl 1 39/82 Royal St, East Perth WA 6892  
[matesinconstruction.org.au](http://matesinconstruction.org.au)



**MIC WESTERN AUSTRALIA  
IS PROUDLY SUPPORTED BY**



WA BUILDING AND CONSTRUCTION INDUSTRY



## ABOUT MATES IN CONSTRUCTION

MATES in Construction WA (MICWA) is an industry based, registered health promotion charity specialising in raising awareness and prevention of suicide within the building and construction industry. Sadly, building and construction workers are 6 times more likely to die from suicide than they are from a work place accident. Independent Australian research suggests that without a pro-active support network, only 7 workers out of every 100 are likely to seek help by themselves. When experiencing an accumulating number of unpredictable life events (e.g. relationship and family issues, financial worries, job security, drug and alcohol use) life can become overwhelming. When this happens, some of our workmates, friends, and family members believe that their only option is to take their own life. Feeling overwhelmed and isolated can impact a person's ability to address their problems. Often, overcoming this is only possible with outside help or support.

## HERE TO HELP WORKERS AND THEIR FAMILIES

The MIC Case Management service is there to help workers and their family get the support they need when they need it. Connecting the worker or family member to appropriate help in a timely manner can often facilitate improvement in their life before thoughts of suicide become an additional problem.

To support workers in bridging the gap MICWA's Monday-Friday Case Management Service can help workers unpack their issues and provide assistance while connecting them to specialist community support services e.g. EAP, mental health supports, relationship counselling, financial counselling, community legal support, drug and alcohol services, and parenting supports to name a few. Case Managers provide the 'glue' by walking the journey with workers to keep them engaged in support services enabling them to get their life back on track and be back at work.

## CALL US: WE CAN HELP

**All of this can be accessed by calling MIC's national 24/7 help and referrals line 1300 642 111.**

Case managers work from a solution focused, client centred approach. This means that the client identifies the issues to be addressed and the case manager will work with the client to find practical and meaningful solutions or means of improvement, and when identified, utilise the skills of external specialist community services.



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