

# R.I.S.E.



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**THE SOUTH AUSTRALIAN  
BUILDING & CONSTRUCTION INDUSTRY  
SUPPORT PROGRAM**



# ABOUT RISE

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## Grant

The Malinauskas Labor Government provided Master Builders SA with a grant of \$150,000 to appoint consultants to help business owners and workers navigate common pressures associated with working in construction.

## Program Overview

The RISE program offers confidential consultation services with lived-experience mentors, supporting the well-being of building and construction workers and their families.



# PROGRAM SERVICES

## RISE Coaches can assist with:





- Alcohol and drug misuse;
- Apprentice challenges;
- Bullying & Harassment;
- Challenges with anger and/or stress management;
- Challenges when returning to the workforce (i.e. injury);
- Family issues;
- Financial issues;
- Growing your business;
- Managing Staff / Team;
- Prioritising workloads;
- Problems with co-workers;
- Other (tailored).

We also have dedicated RISE Coaches to specifically meet the needs of people that face additional barriers in the building and construction industry, including **First Nations** people, and **Females** in construction.



# PROGRAM AT A GLANCE

## FORMAT

-  Phone Call
-  Video Call
-  Master Builders Office
-  Nominated Location

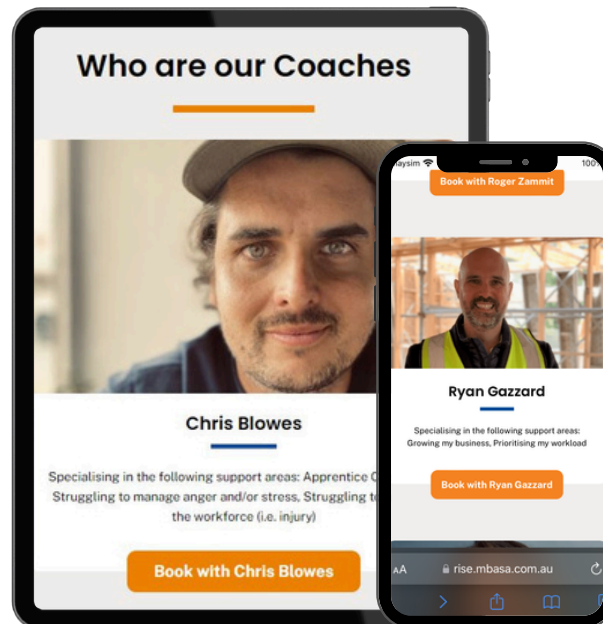
## SESSIONS

-  1-Hour Sessions
-  One-to-One
-  Unlimited

## DESCRIPTION

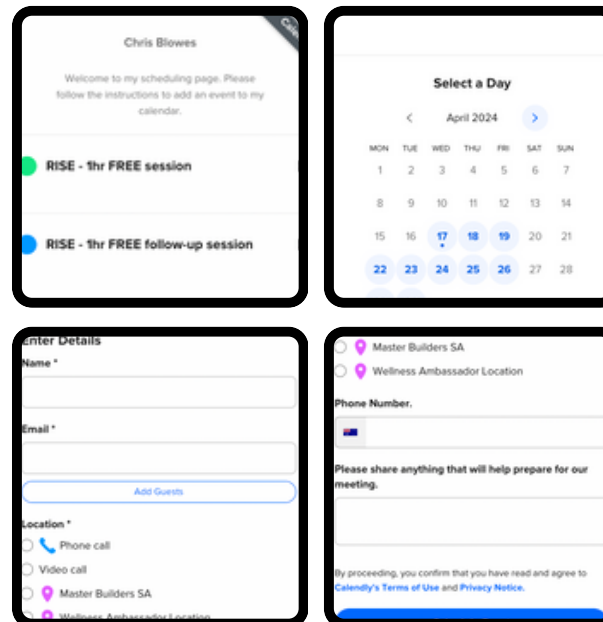
-  FREE
-  Confidential
-  Tailored
-  Specialised

# 2 EASY STEPS TO ACCESS



## STEP 1: Choose Your Support

Head over to <https://rise.mbase.com.au> and fill out the quick form to help you find the right Coach for your needs. If preferred, dive straight into browsing the list of Coaches.



## STEP 2: Book Free Session

Pick a time that suits you from your RISE Coach's calendar, then drop in your details and choose how you want to connect. Whether via phone call, a friendly video chat, or whichever option works best for you.



# FURTHER SUPPORT

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## MATES IN CONSTRUCTION

- 1300 642 111
- [www.mates.org.au](http://www.mates.org.au)

## STANDBY SUPPORT

- 1300 727 247 (6am – 10pm 7 days a week)
- [www.standbysupport.com.au](http://www.standbysupport.com.au)

## BEYOND BLUE

- 1300 224 636
- [www.beyondblue.org.au](http://www.beyondblue.org.au)



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Master Builders Association of South Australia

