



# Thank you for signing-up to MATES Long Lap 2025!

MATES Long Lap is a month-long event, encouraging us to be more active, take the time to check-in with mates, whānau and communities while you head off for a walk, run, bike, swim, skate, or anything else that involves moving and clocking up KMs.

Our aim is **FIVE Long Laps**, to acknowledge the construction industry losing a worker to suicide every five days

Share your Long Lap experience by printing the posters attached to this info pack or [download the posters here](#).

***Want to share on social media that you're doing the Long Lap?***

Head over to our [SOCIAL MEDIA PACK](#) on Canva to get yourself some tiles and if you don't already have a Canva account, you can use this platform for free at <https://www.canva.com>

It's super easy to use. All you have to do is upload your photos through the 'Uploads' tab down the left menu, and then drag your photo across to the social media tile you would like to use. Your photo will fill the area where the green hills picture sits. Then it's a simple download to the top right under the 'Share' button: select png format and which page/s you'd like. If you need any help, please contact MATES: [info@mates.net.nz](mailto:info@mates.net.nz)



Need to talk? Chat to a MATE, 24/7 - **0800 111 315**  
[mates.net.nz](https://mates.net.nz)



# **MATES** **LONG LAP**

This April, MATES across the country have an opportunity to collectively cross the distance of the trail. Why? To raise awareness about mental health and suicide in our industry and get physically fit while doing so.

Sign up and track your kilometres to ignite hope in our fight against suicide.



**Registration costs \$40**  
All proceeds go to MATES



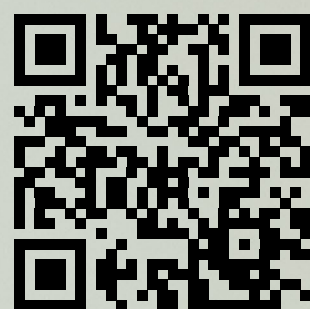


# THIS IS WHAT A MATES CHAMPION LOOKS LIKE.

This April, grab your mates, whānau, your community, and get moving to support mates doing it tough in our industry. Sign up and track your kilometres to ignite hope in our fight against suicide.



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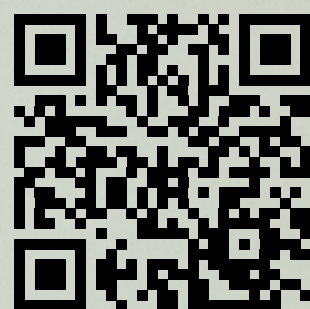




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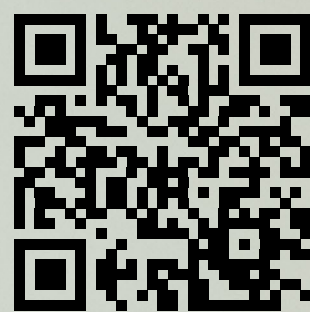


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