

# FOR YOU, WITH YOU

Working at sea may be a calling but we all know making a livelihood this way isn't always easy. FirstMate New Zealand is an initiative set up for our commercial seafood whānau, with seafood whānau, to provide all of us who work at sea with one-on-one support when we need it the most.

Our goal is to offer people and businesses like yours the support you need to better address the pressures and complexities that come with the job.



For support or advice call  
**0800 ADRIFT**  
0800 237438

[www.firstmate.org.nz](http://www.firstmate.org.nz)

# SUPPORTING OUR SEAFOOD WHĀNAU TO STAY ON COURSE



## ❖ How it works

A strong, resilient, viable commercial seafood sector is in all our interests. It provides you with a living. It feeds New Zealanders. And it ensures that our coastal communities can thrive.

But being a member of our seafood community isn't always easy. We need to have each other's backs. FirstMate is an organisation to support our seafood whānau. We want you and everyone around you to have not only what they need to survive, but thrive.

FirstMate offers a friendly ear and the chance to talk about anything that's on your mind or causing you difficulty. Things like:

- › Building personal and business resilience
- › How to navigate regulations
- › Any issues you are having mentally and/or physically
- › How you can make all your hard work pay off financially.



**FirstMate works because it's specific to our industry. No judgment. No agendas. Just opportunities to talk through anything in your world that is causing you stress or challenges with people who get it.**

## ❖ Find out more

We're here with the guidance, direction and support to make sure you can navigate the pressures and complexities that come with the job and rise to any potential challenges. Visit us online at [www.firstmate.org.nz](http://www.firstmate.org.nz) to find out more or give us a call on **0800 ADRIFT** (0800 237438) any day between 7am and 10pm and let's talk through what you need to stay on course.

Learn with and from others. Be with those who get it. That's what whānau do. They put each other first.

