



Circular 050:18

Date: 4th May 2018

Subject: EAP & Peer Support Services Update

Attention: All SLSNR Members

Description: Peer Support and EAP services & training this winter

Circulars are available at: <http://lifesaving.org.nz/lifesaving/lifesaving-operations-circulars/>

With the close of the 2017-18 season it is important to recognize that members might start to reflect on incidents they were involved in throughout the season. These incidents may result in people experiencing a range of different reactions to traumatic events including shock, fear, anger, helplessness, sadness and shame.

Support options for members:

If you feel or experience any of the following please utilise one of the support options available:

- Feeling withdrawn or agitated
- Re-experiencing the event / bad dreams
- Feeling very emotional
- Avoiding normal daily tasks / interactions

At any time SLSNR offers a number of support options if you need to talk to someone face to face or on the phone regarding lifesaving activities.

- **On Call Duty Officer (24/7)**
Call SurfCom on 0800 SVELIFE and ask for the Surf Duty Officer
- **Local Peer Supporter**
Available 24/7 for members to contact – a full contact list of peer supporters can be found at your Surf Club
- **Lifesaving Staff**
(direct to cell ph or through 0800 SVELIFE)
- **EAP - independent support and counselling service**
0800 EAP NOW (0800 327 669) State that you are from Surf Lifesaving Northern Region. This service is free of charge, completely confidential and available 24/7

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Peer Support Training

The Peer Support role is aimed at club members who are willing to respond when a critical incident occurs to provide support to club members involved, and in conjunction with the Duty Officer, run the debrief. The role may also provide support to other members that may want to talk to someone regarding issues or difficulties they may be experiencing.

Peer Supporters operate on a 24/7 basis and are called upon to assist with peer support when critical incidents occur at their beach. This may include providing initial support to members, assisting members to understand the impact of a stressful event, help in the organizing of formal psychological debriefing, and educating members on stress reactions and natural coping mechanisms.

A peer support training course run on **Sunday the 12th August** at the Marine Rescue Centre. Applications to register interest will open on 1st June.

Prerequisites:

- SLSNZ member
- SLSNZ Surf Lifeguard Award
- Motor vehicle license
- 20 years old +
- First Aid Level One
- 4 years Lifeguarding experience

Zane Rademaker

Lifeguard Supervisor - Support Services

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