

Mayday-SA's origins can be traced to the aftermath of the two Albatross accidents in August 2011. Following these accidents, it was recognised that there is a need for a support system for aviation professionals and their communities. The initiative is based on similar, very successful international programmes, with whom Mayday-SA is affiliated.



Mayday-SA comprises a group of peer volunteers who offer a confidential and compassionate support network to South African aviation licence holders. These volunteers provide a "first port of call" for professionals who may be experiencing difficulty on some level, or are in need of support in any way.

www.mayday-sa.org.za
support@mayday-sa.org.za
For further information contact
082 496 8728



Helpline:
+27-12-333-6000
ask for "MAYDAY"



***Mayday-SA offers safe,
confidential support to
licence holders within
all sectors of the
aviation community.***

The Peers of Mayday-SA offer services that support individuals to regain their resilience and sense of well-being, as well as mitigate the long-term consequences of a traumatic experience. It is well known that timely intervention and communication can reduce the effects of a trauma suffered by those involved.

The perceptions of a traumatic event are different for each person, and the stress experienced is the normal reaction of a normal person to an abnormal event.



Some of the types of events for which individuals may seek support are:

- After an accident or incident;
- A significant operational event;
- Failed performance check;
- Death of family member/friend;
- Victim of crime;
- Relationship or family issues;
- Industrial stress.

Potential benefits for employers:

- Enhanced safety;
- Fewer sick days taken post-incident;
- Productivity improvement and cost to company savings.

Being aviation-trained individuals themselves, the Peers understand the unique pressures of the aviation operating environment, and “speak the language”. This helps the person in need feel understood. Surrounding the Peer group is a carefully selected and established network of health professionals

to whom referrals can be made should professional assistance be necessary.

