



Post Australian Championships Counselling Service

Following the tragic loss of young Ironman Saxon Bird at the 2010 Australian Surf Life Saving Championships, SLSA and SLSNSW would like to advise members and Clubs that independent, professional and confidential counselling services have been made available to members free of charge.

EAP Counselling Service

An Employee Assistance Program (EAP) is a voluntary and confidential counselling service provided at no cost to members. *Access Programs* is an independent supplier which has been selected to provide the service to Surf Life Saving Clubs and members.

Through access to professionally qualified and experienced counsellors, you have the opportunity to understand your feelings better and seek help to cope emotionally during these difficult times.

Confidentiality

This service is confidential from the moment you call in – SLSNSW will not be informed that you have contacted the EAP. You can approach direct via the freecall number in confidence that your privacy is guaranteed.

The Access Programs customer service team is available 24/7 and can arrange counselling in a variety of convenient locations and via telephone.

All counsellors are independent of your organisation and are focused on helping you to deal with your problem or concern. They will not disclose information you have shared unless you request it and authorise them to do so in writing.*

** Counsellors may be legally bound to disclose information in some exceptional cases, such as in the case of risk to self or others.*

How to get in touch

Whatever the nature and extent of your concerns, feel free to call.

Simply state you are from 'Surf Life Saving' and Access Programs will schedule a confidential appointment with a counsellor at a time that suits you. They're also available by telephone 24/7 to provide immediate help for urgent matters.

In Australia call **1800 81 87 28**

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