



*Peer volunteers
providing free
support to
aviation
professionals
in a crisis*

www.mayday-sa.org.za

24hr **Emergency** helpline:
+27-12-333-6000 ask for Mayday
support@mayday-sa.org.za



WHY MAYDAY?

Trauma and/or stressors can impact a person's performance and wellbeing.

Mayday's Peer volunteers are trained to help you recover from adverse events before they impact your performance, and possibly your licence.

Our Peer Volunteers understand your world as they come from your world - they understand your "language".

OUR VALUES

- Our basic tenet is providing **non-judgemental conversations and support**
- We guarantee **confidentiality**
- We engender **trust**
- We create a **safe space**
- We respond with **compassion**
- **Integrity and honesty** are embedded in all we do

WHO WE SERVE

- **Pilots** from all spheres of aviation
- **Cabin crew**
- **Air Traffic Controllers**
- Aviation **First Aid Responders**
- Aviation **Ground Crew**
- Aviation **Engineers/Technicians**
- Aviation **dispatchers**

OUR PURPOSE

Mayday-SA is a volunteer peer-based support structure providing assistance to aviation professionals in crisis.

We also provide confidential support to colleagues, family and friends of aviation professionals so that they may support their loved one.

OUR VISION

Mayday-SA follows internationally respected independent peer-based networks supporting the wellbeing of **all aviation professionals** in Southern and East Africa, thus enhancing safety in the aviation sector

OUR HISTORY

Mayday-SA was established in 2013 as a Section 21 Not-for-Profit Company to provide peer support to aviation professionals.

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