

# SLSNZ PEER SUPPORT

## Gisborne 24/25

Peer Supporters are specially trained SLSNZ members who can provide confidential support to their fellow members on a range of issues including wellbeing concerns, personal stress, and traumatic lifesaving incidents. Peer supporters may be called on to attend post-incident debriefs and assist with following up members that have been involved in traumatic incidents.

**Feel free to contact a Peer Supporter for a confidential chat.**

Chris	Tilghman	021 352 579	Wainui
Jo	Whibley	027 662 9502	Wainui
Clara	Wilson	021 0489 481	Waikanae
Kristina	Williams	027 6244 122	Midway & Waikanae
Sarah	Garrett	021 110 1631	Midway



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