

SLSNZ COUNSELLING SUPPORT

All current active members and their immediate families have access to **FREE** counselling and wellbeing support through Telus Health (formerly Benestar)

Telus health have counsellors throughout Aotearoa that offer support after traumatic SLS incidents, challenges within SLS clubs and also for personal issues such as stress and anxiety, violence, grief, and hardship.

SLSNZ encourages members to proactively use our Wellbeing and Support services. Further information and resources can be found on the SLSNZ website.

www.surflifesaving.org.nz/wellbeing

To **BOOK** visit our website above or call **0800 360 364**

When booking, state you are accessing through the **Xero Assistance Programme**.



**XERO
ASSISTANCE
PROGRAMME**

