

# Critical Incident Wellbeing Support

Looking after yourself and your mental health is important. Access support using the QR code or the services provided on this card.

SURF LIFE SAVING  
NEW SOUTH WALES




# Support Services

SURF LIFE SAVING  
NEW SOUTH WALES



## Member Assistance Program

 1300 687 327

 [www.convergeinternational.com.au](http://www.convergeinternational.com.au)

Organisation Code: SLSNSW

## Lifeline

13 11 14

## Kids Helpline

1800 55 1800