Peer Support in Surf Life Saving

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Overview

The Peer Support Network provides confidential wellbeing support to Surf Life Saving members following distressing or challenging incidents. Through trained Peer Support Officers, members can access early support, wellbeing check-ins and referrals to further professional services when needed.

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The Purpose of Peer Support

The network aims to provide members with an opportunity to talk about their experiences in a confidential and supportive environment. It helps members access support early and understand what assistance is available following an incident.

2

Becoming a Peer Support Officer

Peer Support Officers are trained members who provide initial wellbeing support to others. The process to become an officer includes:

- An application and interview process.
- Psychological first aid training.
- Scenario-based learning.
- Ongoing refresher training to maintain skills and knowledge.

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How the Support Process Works

Following a distressing incident, a Peer Support Officer will generally make initial contact by text message and offer to have a conversation, usually within 48 hours.

The process is confidential and guided by the needs of the member. Support may include:

- An initial conversation and wellbeing check.
- Further contact and follow-up where required.
- Referrals to professional services or other support options.

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Ongoing Support and Referrals

The impact of an incident may not always be immediate. Members may experience delayed reactions or find that their support needs change over time.
The Peer Support Network can provide ongoing check-ins and help connect members with further professional support when needed. Support is not limited to the initial contact following an incident.

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The Role of Club Leaders

Club leaders, duty officers and the wider organisation all have a role in recognising when members may need support and helping them access the right assistance.
Leaders can:

- Look out for changes in members' wellbeing following an incident.
- Encourage members to access available support.
- Connect members with the Peer Support Network.
- Recognise when additional professional support may be needed.

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Resources

SLSQ Peer Support Peer Support | Surf Life Saving Queensland
Become a Peer Support Officer: Become a Peer Support Officer | Surf Life Saving Queensland
Understanding Peer Support video: Understanding SLSQ Peer Support
Peer Support Poster: Peer-Support-Poster.pdf
Peer Support Activation Chart: Chart

For more information or to request peer support, email memberwelfare@lifesaving.com.au. The team can talk you through the support available and help you work out what might be right for you.