

# WHEN WE CALL a 'MAYDAY'

'The only constant is change' as they say in Aviation and never truer than now as we find ourselves living in troubling and stressful times surrounded by uncertainty. Topping these societal stresses is our Industry which is so drastically and hugely affected by the turmoil of recent months and weeks, and now exacerbated by the national and global impact of COVID-19. These exceptional phenomena may leave us battling to cope.



Many airlines have stated a reduction in flights and destinations, and are talking retrenchments or furloughs. Fears about career, family, finances, and health are on the mind of many in our industry. You might be realising that you are suffering some consequences of what is happening – maybe you can't sleep or have nightmares. Your tummy may be upset or you feel nauseous. Your concentration levels aren't where they should be. You may be feeling anxious, down or irritable.

In aviation, the term 'Mayday' is used in emergencies. It's a word you may have heard but maybe never had to use. Its function is to alert all who hears it, that assistance is needed, so that while you are dealing with the emergency, other services are coming alongside to assist and smooth your way.

Do not hide your stress and fear at this time. Someone is listening when you want to call a 'Mayday'. The Mayday-SA peer volunteers are listening. We are a group of volunteers from all sectors of the aviation industry, trained and ready to help when a fellow aviation professional is in need of a wingman, a shoulder to lean on, a safe space to talk. We are listening because we know it is a relief having someone to talk to who understands our unique industry and its language, who relates to our world, and leaves us feeling heard and understood.

The volunteers are trained to utilise skills like listening and empathy which have been proven to be effective in increasing coping and wellness. They are trained in offering support in different situations that affect us personally and professionally such as an incident or accident, divorce and family issues, addiction, trauma, bereavement and training.

Your story is your story! At no time do the peer volunteers report anything to anyone, be it a manager, a spouse or a colleague. They are trained to recognise when additional help may be necessary and can refer onwards, if needed, to a network of psychologists that understand Aviation and its unique risk to your profession.

***Social isolation may be necessary but you do not need to feel alone.  
If you are in need of someone to come alongside you while you are  
going through difficult times, call us on:***

**012-333-6000 and ask for 'Mayday'. Someone will call you back.**

**Or, check out our website for more information [www.mayday-sa.org.za](http://www.mayday-sa.org.za).**