



Mayday-SA is a group of aviation professionals that provides support to all South African aviation license holders in times of stress and emotional upheaval, with a guiding principle of confidentiality. We are trained to provide a safe, confidential and supportive environment dedicated to aviation professionals faced with the impact of challenging times and circumstances, especially now in the extremely stressful time of COVID-19. If you are a South African pilot, ATC, cabin crew or engineer in need of a wing-man, get hold of us on www.mayday-sa.org.za or 012-333-6000 ask for Mayday.

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ON RESILIENCE, COMING ON MONDAY 1 JUNE**