

NZDF4U Wellbeing Support Potential Strike Action

With effect 1500 Friday 15 September, users of the NZDF4U Wellbeing Support telehealth service (call/text/email support) are likely to experience long wait times due to potential strike action. This potential strike action is planned for 24 hours.

This strike action **does not** affect the EAP aspect of the NZDF4U Wellbeing Support service. If you would like to book or amend an EAP appointment at this time, you can contact Vitae directly on 0508 664981. If you have an EAP appointment booked during this time, this **will not** be impacted during this strike.

As always, Regular Force are encouraged to utilise internal health support services (Defence Health Centres, Social Workers, Chaplains and SAPRAs).

Civilians, reserves, ex-serving and families of regular force can contact their GP/urgent care clinic or other community support services during this time.

More information about internal and external support providers can be found on the Pūtahi Hauora – Defence Health Website (<https://health.nzdf.mil.nz/support-providers/about-your-service-providers/>)

Whether you are uniformed personnel or a civilian or a member of the wider Defence community, if you are feeling unsafe or if there is an immediate risk to you or someone else, call 111 immediately.