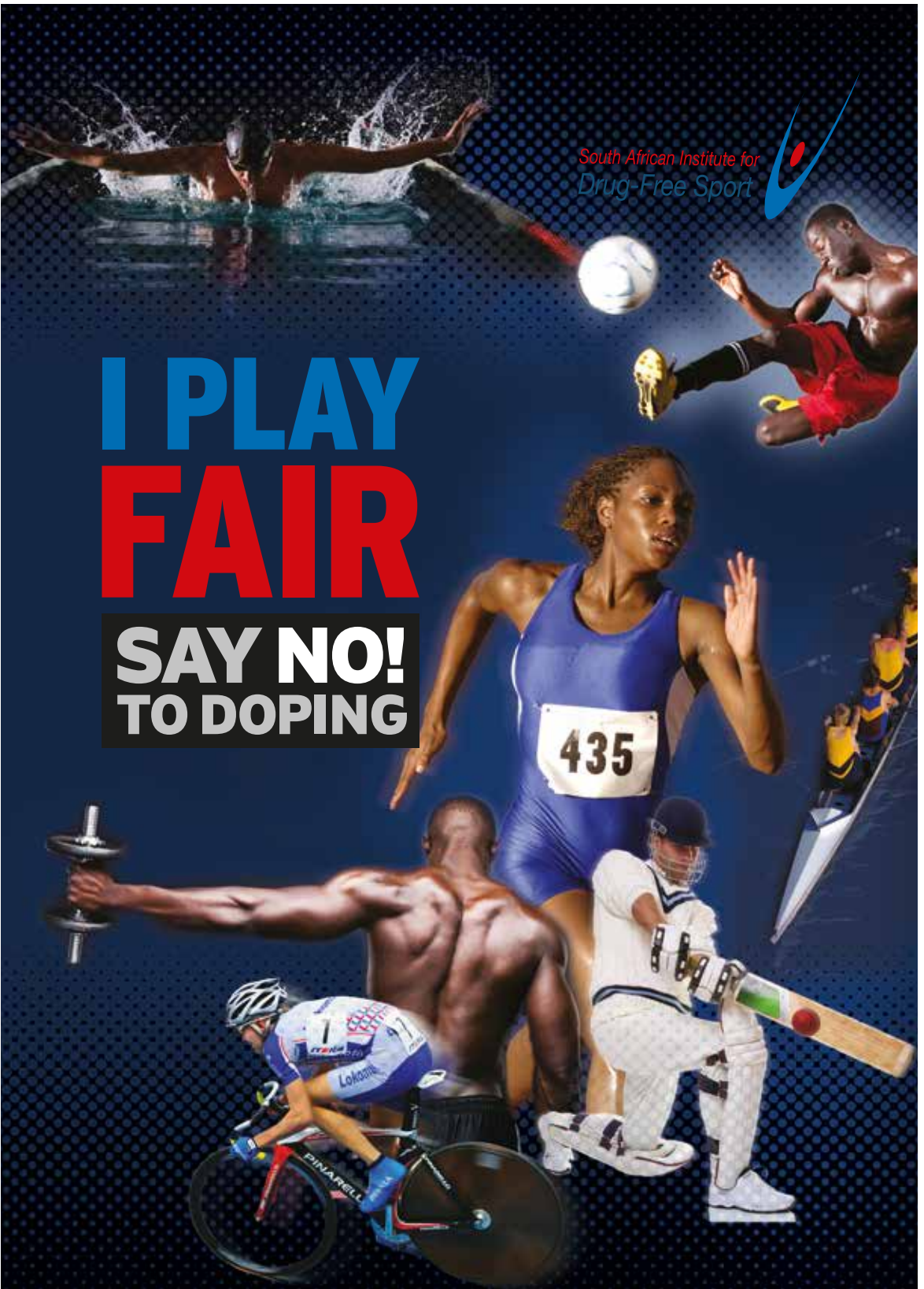


South African Institute for
Drug-Free Sport



I PLAY FAIR

**SAY NO!
TO DOPING**



South African Institute for Drug-Free
Sport (SAIDS) and ICAS (Independent
Counselling Advisory Services)

Team Up

The increased pressure placed on athletes to perform and achieve greater results cannot be underestimated! This, together with the increased availability of prohibited substances, even those in perceivably harmless products such as food supplements, vitamins and over-the-counter medication, has led to increased risks for athletes. It is for this reason that SAIDS has partnered with ICAS Southern Africa to provide support to athletes during challenging times.

The services on offer are available only through a referral from SAIDS and allow an athlete to have access to telephonic counselling services and where appropriate psychotherapy sessions with a trained, experienced ICAS therapist. All ICAS therapists are qualified psychologists or social workers, who provide supportive counselling in all the official South African languages, 24 hours a day. The services on offer through SAIDS allow an identified athlete access to two psychotherapy sessions with an ICAS therapist. The highest level of confidentiality is followed and only information deemed necessary will be disclosed to SAIDS. This will be in a form of a report, and the athlete will be able to access such a report should they wish to.

PLEASE FEEL FREE TO CONTACT US

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Should you feel that you might benefit from counselling support, please contact your SAIDS representative to discuss a possible referral to ICAS.