

# Supporting people impacted by road trauma together with Victoria Police



amber  
community  
ROAD INCIDENT  
SUPPORT & EDUCATION

1300 367 797

[www.ambercommunity.org.au](http://www.ambercommunity.org.au)

# Amber Community

Amber Community is a not-for-profit organisation contributing to the safety and wellbeing of road users.

We provide counselling and support to people affected by road trauma, and address the attitudes and behaviours of road users through education.

## Counselling and support

Amber Community provides free of charge counselling, information and peer support programs to more than 3,000 Victorians impacted by road trauma every year.

Counselling is provided to anyone impacted by transport trauma irrespective of when the collision occurred. Clients include bereaved families, friends and colleagues; injured people and their carers; drivers and passengers; witnesses and emergency service workers. You do not need a referral to access our services.

What you can do:

- Refer people who are affected by road trauma via the Victorian Police e Referrals (VPeR).

## Education

We are committed to educating the community and raising public awareness around road safety, and how it impacts people's lives. A vital part of this educational work is delivered by our volunteers, who share their stories about road trauma. Preventing further road trauma is one of the primary aims of our education services.

What you can do:



- Refer traffic offenders to our Road Trauma Awareness Seminar program or young people to our Drive to Learn program
- Volunteer as an emergency services speaker and participate in our education programs, and make a difference to driver behaviour on our roads.

## Working together

Our 'After the Crash' cards include common reactions to road trauma. These can be distributed to anyone impacted at a road incident. Please contact us to order the cards.

We provide information sessions (formerly as part of the Road Policing Investigation Course) to members to show how we assist the work you do and update you on the services we provide.

These sessions also focus on how trauma impacts people involved in a road incident. We provide information that will help you interact with people at the scene of a road incident and their families, focusing on being aware that what you say and do can impact their long-term psychological recovery.

We talk about how and when to refer to us so that you can get on with your job, with the aim of providing you with confidence about the process and what happens for all involved.

We also touch on the importance of how death notifications are delivered to protect your own mental health and that of the person receiving this devastating news. Most importantly, the sessions look at how you can look after yourself in your role.



# Workplace Wellbeing Sessions

Workplace Wellbeing Sessions have been developed for emergency services personnel to look at working with grief, loss and trauma in their workplace. The sessions are about being proactive and preventative in supporting others, and still looking after your personal wellbeing.

The interactive sessions include:

- Validating the stresses in participant's jobs
- Knowing and acknowledging personal and professional boundaries
- Helping participants understand the complexities of the work they do
- Discussing the importance of debriefing and the key components of an individual self-care plan.

We can come to your workplace/unit and run sessions for four hours or up to a full day, depending on your requirements.

For more information or to book your Workplace Wellbeing Sessions, please call 1300 367 797 or email our Office Manager at [office.manager@ambercommunity.org.au](mailto:office.manager@ambercommunity.org.au).

## Our community

Here are some ways to help and connect with people affected by road trauma:

- Tell your family and friends about the free counselling services at Amber Community.
- Like us on Facebook, follow us on Instagram, LinkedIn and Twitter, or join our mailing list.
- Join us at our annual Shine a Light on Road Safety community walk or Time for Remembering ceremony.
- Get involved in shaping our future by becoming a member of Amber Community.
- Share your lived experience, volunteer with us, and influence change.



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