

AMBER COMMUNITY

Road Trauma Peer Support Program

BE SAFE - ROAD SAFE



1300 367 797
www.ambercommunity.org.au



amber
community
ROAD INCIDENT
SUPPORT & EDUCATION



"Supporting people, asking if they're OK and helping others."

Amber Community is a not-for-profit organisation contributing to the safety and wellbeing of road users. We provide counselling and support to people impacted by road trauma, and address the attitudes and behaviours of road users through education.

Statistics show there were 53 young people aged 18 – 25 who lost their lives on Victorian roads last year. This program is an opportunity to look at ways of supporting young people.

PEER SUPPORT

Peer support is extremely valuable and we know that young people often turn to their peers before they go to a parent or another supporting adult.

Skilling young people to support their peers and knowing where to turn for support for themselves and others are skills for life. **The Be Safe – Road Safe Peer Support Program** facilitated by young people will look at the following:

- Being aware of preventative skills by looking at road safety and causes of serious crashes
- Identifying the signs and symptoms of trauma and grief
- Building the skills to listen, problem solve and to support
- Knowing when they need to seek an adult for support.

These skills can then be offered in formal settings like a peer support group or 1-1 support, and can also be used for informal conversations with peers, family and friends.

Participants will be identified as ambassadors for road safety in their school/youth group and local community.

Of the 53 young people who lost their lives on our roads in 2017, 73 per cent were males.

PLEASE NOTE

The **Be Safe – Road Safe Peer Support Program** highlights how to be safe drivers and talks about the signs and symptoms in relation to supporting their peers if impacted after a serious road crash.

The program supports any students who have been impacted by road trauma as needed and also gives participants the skills to support others.

During the program participants receive their certificates, put their pledge for road safety forward, and share what they take away to assist their peers in relation to road safety/trauma.

Parents/carers can assist their child/ren by inviting open discussions about the program.

COUNSELLING

Young people and any member of your family or friends is welcome to speak to one of our counsellors. Counselling services are confidential, unlimited and free of charge to anyone who has been impacted by a road incident.

For more information or if you would like to make an appointment with one of our counsellors, all you need to do is call 1300 367 797. We are open from 9:00am till 5:00pm Monday to Friday.

CONTACT

For more information or to book your **Be Safe – Road Safe Peer Support Program**, please call 1300 367 797 or email office.manager@ambercommunity.org.au.