

AMBER COMMUNITY

Workplace wellbeing sessions



1300 367 797
www.ambercommunity.org.au



**amber
community**

ROAD INCIDENT
SUPPORT & EDUCATION



Over a lifetime, up to 80,000 hours will be spent at work.

Amber Community is a not-for-profit statewide 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.

Workplace Wellbeing Sessions have been developed for workplaces and their employees to understand the effects of exposure to stressful, distressing and traumatic situations and images. We aim to develop awareness and discuss strategies that will minimise the impact that work has on employee psychological wellbeing. The information presented focuses on being proactive and responsive in your role, 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.

The sessions have been specifically designed to help anyone that has been exposed to traumatic and distressing images and content, such as emergency services personnel from the SES, MFB, CFA, ambulance or police.

Other employees and volunteers who could benefit from attending the sessions, include tow truck drivers, lawyers, magistrates, healthcare and case workers.

The sessions complement the internal health and support services that are available within organisations, and are designed as an additional option for support and information when required.

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.

Volunteer as an emergency services speaker and participate in our education programs, and make a difference to driver behaviour on our roads.

COUNSELLING

We offer free, unlimited and confidential counselling to anyone impacted by road trauma. Call **1300 367 797** and book an appointment with a counsellor. We are open from 9am till 5pm Monday to Friday.

CONTACT

For more information or to book your **Workplace Wellbeing Sessions**, please call **1300 367 797** or email office.manager@ambercommunity.org.au