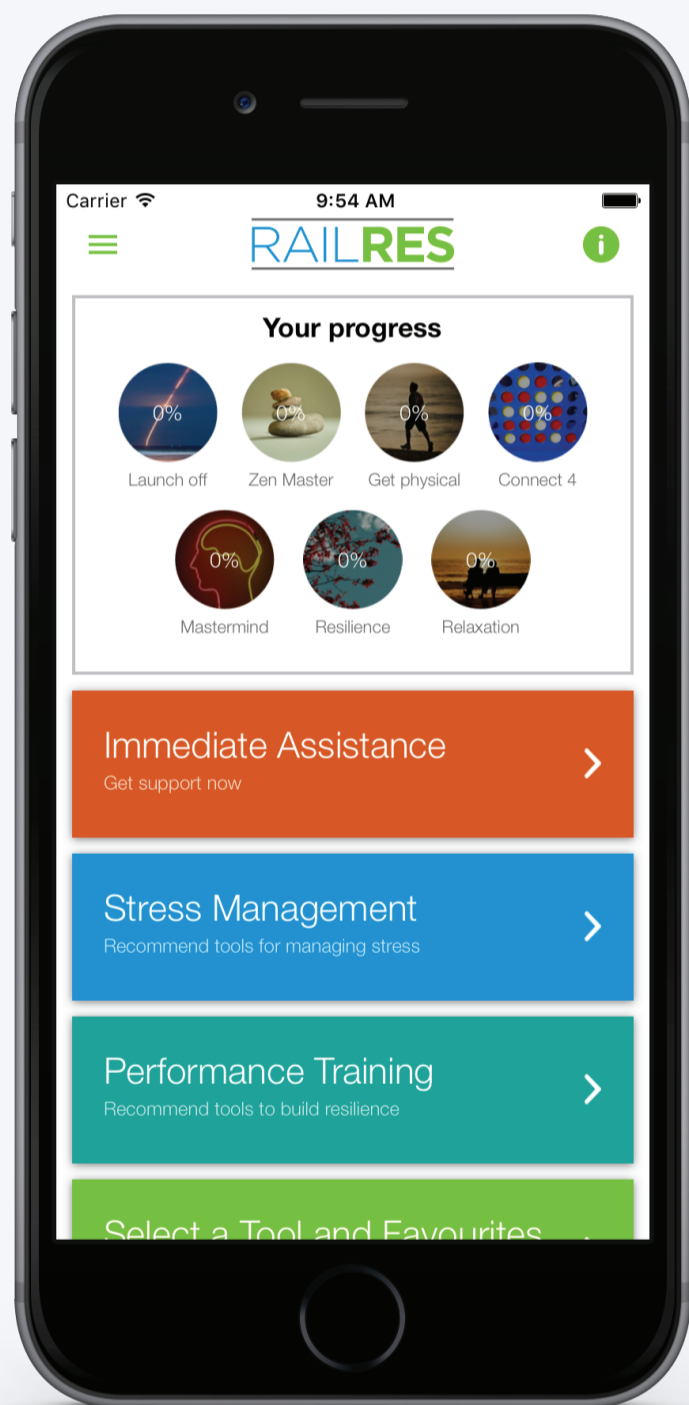


# RAILRES

Self-help support app for rail industry workers

Specifically designed for rail employees, the RailRes app will help you manage stress if exposed to a traumatic event and assist in building long term resilience to help you stay healthy.



## Interactive, easy-to-use

tools for you to access anytime on the go such as: controlled breathing, progressive muscle relaxation and slowing down and stopping of thoughts

## Scheduler

that allows you to set goals to practice the tools regularly

## Resilience self-assessment

that can help keep track of your progress over time

## Employee Assistance Program

access to immediate support services, including Employee Assistant Program (EAP) phone numbers as well as crisis lines

**Available for free download from the App Store.**

For more information please visit [tracksafefoundation.com.au/railres-app](http://tracksafefoundation.com.au/railres-app)

*As a harm prevention charity, we at the TrackSAFE Foundation continuously work to reduce fatalities and incidents on our rail network, while providing best practice trauma support for rail employees.*

RAILRES

