

RAILRES

KEY MESSAGES FOR INTERNAL COMMUNICATIONS

- The RAILRES App is a free self-help resource that has been developed by the TrackSAFE Foundation as part of its suite of mental health and trauma management support tools for the rail industry.
- The App is designed to assist employees manage stress and build long term resilience. 'Res' stands for resilience which relates to our capacity to recover from difficult events and life's challenges.
- The RAILRES App measures a person's physical, cognitive, emotional and behavioural reactions to stress, while helping the user adapt their response to the situation in real time.
- The App is available for free download for both iPhone and Android devices via the Google Play and App Store.
- App features
 - Interactive, easy-to-use tools that the user can access on the go such as: controlled breathing, progressive muscle relaxation and slowing down and stopping of thoughts.
 - A scheduler that allows the user to set goals to practice the tools regularly.
 - A resilience self-assessment that can help the user keep track of their progress over time.
 - Access to immediate support services, including Employee Assistance Programs phone numbers as well as crisis lines.
 - Available for iPhones and Android devices.
- If you or someone you know needs help with mental health and wellbeing, contact our Employment Assistance Program or Lifeline on 13 11 14.