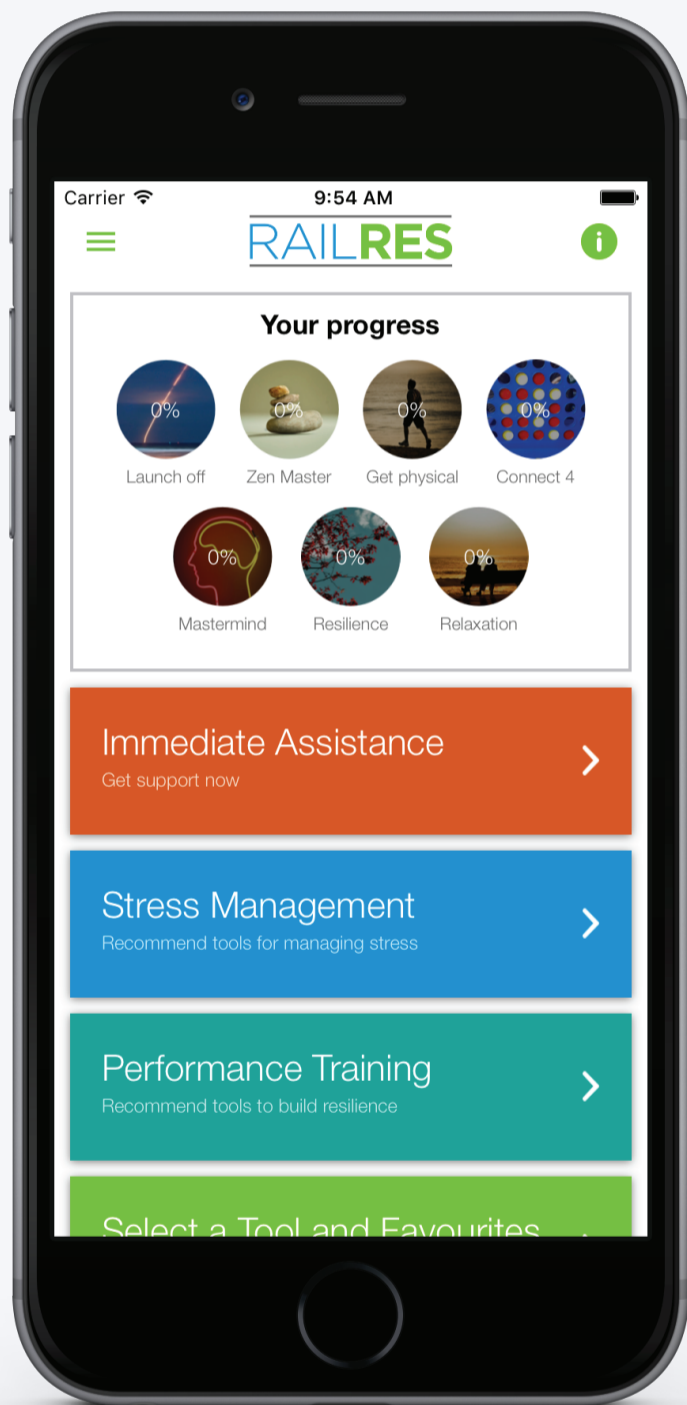


RAILRES

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

Download for free from the App Store & Google Play

For more information please visit tracksafefoundation.com.au

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

