



Road Trauma Support WA

Supporting those who have been impacted by road trauma across WA



When you're ready to talk, we're here to help

Here to help

Every year in WA thousands of people are impacted by road crashes.

Road Trauma Support WA provides information, support and counselling to anyone in WA who has been affected by a road crash.

We support those who have been involved in and/or injured in a road crash, their families, friends and carers, those who have witnessed a crash or are first on the scene, first responders and those who may have caused a road crash to occur.

Our services

Our specialised fact sheets dealing with the impact of road trauma provide additional information and support and provide some tools that can help you cope in the aftermath of a road crash.

We provide specialised trauma and bereavement counselling:

- in person or via telephone or video call
- no referral needed
- no limit on number of sessions
- no timeframe for when incident occurred
- free service

Our specialised training and education workshops sessions support organisations, including emergency service personnel (paid and voluntary) whose staff may be exposed to road trauma as part of their work.

When to get help

It's important to recognise that you've been through an extremely stressful event and need to give yourself time and space to acknowledge what has happened.

The majority of people will recover from exposure to trauma with the care and support of family and friends. However some may experience ongoing, distressing symptoms that can prevent them from enjoying a normal life.

Some signs you may need to seek professional help can include:

- recurrent nightmares
- phobias, anxiety and flashbacks that last more than a few weeks
- trouble functioning at home or at work
- your relationship or friendships are suffering
- thoughts of harming yourself or others

A trained professional, such as a psychologist, counsellor or medical professional can help you cope with the trauma in a safe, confidential and non-judgemental manner.

Helping your recovery

There are a number of simple ways you can help your recovery following exposure to road trauma:

- spend time with people who care about you
- maintain a normal routine as much as possible
- ensure you are sleeping, eating well and exercising where and when possible
- avoid using alcohol and/or drugs to numb your feelings
- talk to someone you trust about what you have been through
- book an appointment with one of our trained counsellors, a General Practitioner, Employee Assistance Provider or other trained professional

Referral pathways

Road Trauma Support WA is a self-referral service meaning you can contact us directly on 1300 004 814 to book an appointment.

You can also refer a friend or family member via a third party referral however we require their signature as consent to contact them.

Referrals are also accepted from General Practitioners, the Insurance Commission of Western Australia, Health Professionals, Social Workers and First Responders.

phone: 08 6166 7688 or 1300 004 814 (toll free) **email:** admin@rtswa.org.au **web:** www.rtswa.org.au