

Rail Res, Track Safe and Toll

As part of Toll's Wellbeing Program we have joined with TrackSafe to make RailRes, a self-help resource, available to our employees and their families.

The Rail Res app was originally designed by TrackSafe to help support and build resilience of railway employees – hence the name of the app – **RailRes**.

RailRes is an interactive app that contains a range of tools and resources to assist with stress management and performance.

You will not be asked to provide any personally identifying information to use this tool.

Download the app* and explore the options.

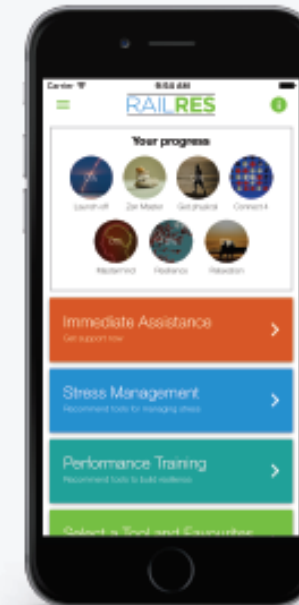
*This app is not currently available in all countries. The Employee Assistance Program (EAP) details listed are only available for Australia and New Zealand.

This document can be found on the **Wellbeing** pages of the Toll Intranet under the **Working@Toll** heading.

RAILRES

Self-help support for rail/transport workers

RailRes is designed to build resilience and assist employees who might be exposed to stressful situations.



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 Assistance 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

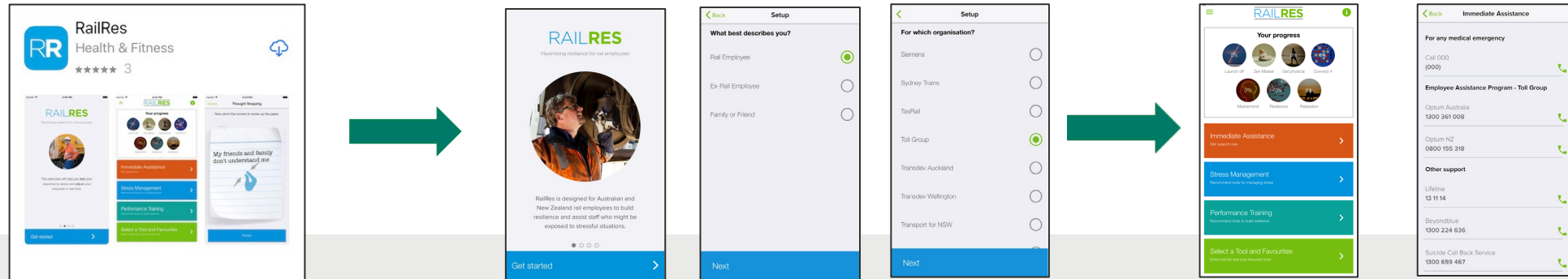
As a harm prevention charity, we at the TrackSAFE Foundation continuously work to reduce fatalities and incidents on our rail network, while providing best practice trauma support for rail employees.

RAILRES



TOLL

How to access the RailRes app



Download the app to your apple or android device.

You will not be asked to provide any personal information to use the RailRes app.



Follow the prompts and identify yourself from the three options as either a - **Rail Employee** – use this if you are for current employee of Toll.

Ex-Rail Employee – use this if you are an ex-employee of Toll

or

Family or friend – use this if you are a family or friend of a Toll employee.

Scroll down the list of organisations and select **Toll Group**.

You will be taken to a menu page where you can select from four sub menus. Explore the tools and discover what is most useful for you.

The **immediate assistance** page includes **Toll** specific contact details for **Australia and New Zealand**.