

Rail Specific Resources To Help with Peer Support

1. Guidance for Responding to Traumatic Incidents in Rail (plus Toolbox):
<https://www.rssb.co.uk/what-we-do/key-industry-topics/health-and-wellbeing/mental-wellbeing/responding-to-traumatic-incidents-in-rail>
2. Wellbeing Champions Toolbox and Training Needs Analysis:
<https://www.rssb.co.uk/what-we-do/key-industry-topics/health-and-wellbeing/wellbeing-champions-in-rail-analysis-of-training-needs>
3. Help us understand the mental health of the industry by completing the cross-industry mental health survey: **www.rssb.co.uk/mentalhealth_survey**