



Harmony  
Counselling

Gain Clarity  
Restore Balance

# Traumatic Incident Support

**"Crisis response and intervention is a skill-based system - incorporating the principles of Psychological First Aid - for helping people deal with the traumatic aftermath of a crisis or disaster."**

NOVA Community Crisis Response Team Training Manual

## The Issue

Employees who experience traumatic incidents may experience difficult emotional reactions. Sometimes we need to help to become aware of, acknowledge and understand these reactions and deal with them in a healthy way. Harmony Counselling provides guidance for your employees through such situations to help minimise the risk of subsequent issues.

## The Benefits

- Employees feel safe & supported & their emotional response lessened.
- Prompt and focused psychological support can help prevent the development of significant longer term reactions. This will also encourage the development of new coping skills to help the individual function more effectively.
- Most employees can quickly re-gain their focus and return to work.

## Why Choose Us

Harmony Counselling is the only counselling agency offering specifically tailored traumatic incident support services in Singapore.

The professionalism, accessibility and experience of Director and Counsellor, Martin Williams, make us stand-out providers of this service.

## Our Solutions

Education through:

- Informative self-care and wellbeing presentations & workshops.

Prevention & mitigation via:

- Support group sessions
- Psychological First Aid
- Follow-up counselling support, as needed.



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