



**TAILORED FOR  
BUSINESS, INDUSTRY**

## GET IN TOUCH

preandrecover@  
gatewayhealth.org.au



# REGIONAL PREPAREDNESS AND DISASTER RECOVERY PROGRAM

## Why Choose Us

- ✔ We're qualified mental health practitioners who are specialists in trauma-informed care.
- ✔ We'll listen to you, and we'll build workshops based on what you actually want and what your community, business, or organisation needs.
- ✔ We are local and we know and care about our communities.
- ✔ We'll come to you. You won't have to travel into one of the regional cities or sit in an online training space.
- ✔ We'll follow up with you after our workshops. You won't be left to figure it out on your own.

## Our services

- Trauma-informed awareness training
- De-escalation training
- Understanding mental health (general wellbeing)
- Peer debriefing (how your staff can help each other)
- Peer mentoring and supervision (check in with us monthly, so everything stays on track)
- Business risk mitigation
- Supporting work forces through unexpected challenges and change
- Leadership coaching

## Our team

We're a team of experienced emergency preparedness and disaster recovery workers who live and work across North East Victoria and Southern New South Wales. We've been working in the field providing face-to-face services since January 2020. We've helped hundreds of people to recover from bushfires, floods, landslides, and storms, and our team have trained local and state government agencies and community groups in trauma-informed care and disaster preparedness.

## About

Gateway Health is a leading community health organisation based in North East Victoria and southern NSW, dedicated to improving the wellbeing of our region. We provide a comprehensive range of services, from primary care and mental health support to community outreach and prevention programs, all designed to empower individuals and strengthen communities.