



Harmony  
Counselling

Gain Clarity  
Restore Balance

# Critical Incident Support for High Risk Industries

"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 witness a critical incident may experience psychological trauma. Hence, when work resumes, these distractions may open the door to subsequent incidents. We need to help them regain their composure and re-focus on the tasks at hand as quickly as possible. Harmony Counselling provides guidance for your employees through such situations to re-establish "normal".

## 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 critical incident support services in Singapore.

The professionalism, accessibility and 25-yr construction 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

Prevention & mitigation via:

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



For more information contact us at:

[enquiry@harmonycounselling.com.sg](mailto:enquiry@harmonycounselling.com.sg)



+65 8908 2187