



# Vicarious Trauma

A silent risk that is on the rise, vicarious trauma often builds up over time for employees who are exposed to traumatic matters in their roles

Vicarious trauma in the workplace is a silent hazard, and it's on the increase. Traditionally a risk reserved for industries such as emergency services, the pandemic has seen the risk of vicarious trauma emerge into many different sectors, with workers being constantly exposed to other people's stress, anxiety, grief, loss, and trauma.

Left unchecked, vicarious trauma can begin to impact an individual's mental health and wellbeing. As such a comprehensive and practical framework is necessary for workplaces to mitigate this as a psychosocial risk and minimise its impact on the wellbeing of their people.



## Prevention Services

- [Psychosocial Risk Review](#)
- [Vicarious Trauma - Fireside Chat](#)
- [Vicarious Trauma - Leader Training](#)
- [Vicarious Trauma - Advanced Training](#)
- [Vicarious Trauma - Essentials Training](#)



## Intervention Services

- [Vicarious Trauma Intervention Framework](#)
- [Employee Assistance Program](#)
- [The Resilience Box®](#)
- [Manager Assist/ Partner Advisory](#)
- [Strategic Manager Assist](#)
- [HR/ WHS Advisory](#)



## Recovery Services

- [Early Intervention Well Check](#)
- [Psychological Injury Management and Recovery Services \(Compensable and Corporate\)](#)