



WORKPLACE WELLBEING

START HERE: TAP 2 DISTRACT

Tap 2 Distract is a free, stigma-free digital wellbeing resource offering practical activities that people can access in seconds when they feel stressed, overwhelmed, anxious or simply need a moment to pause and reset.

SUPPORT THAT SITS ALONGSIDE WHAT YOU ALREADY PROVIDE

Tap 2 Distract complements your existing Employee Assistance Program, workplace wellbeing initiatives and professional support pathways.

It does not replace these services. Instead, it provides an immediate and practical option people can use before, between or alongside other forms of support.

There are no employee accounts, logins, individual licences or additional workplace platforms to manage. Once downloaded, the app can also be used without Wi-Fi or mobile reception.

GET STARTED IN 3 SIMPLE STEPS

1. Share It

Use the ready-to-send email, intranet copy or Teams/Slack message included in your kit.

2. Make It Visible

Display the poster and QR code in staff rooms, wellbeing areas, on screens or employee portals

3. Keep It Accessible

Add Tap 2 Distract to your existing wellbeing or EAP page so your people can return whenever they need it.

BEYOND THE EMPLOYEE

Employees can use Tap 2 Distract themselves or share it with a child, parent, grandparent, friend or someone else they care about during stressful or challenging moments. One workplace resource can potentially support an entire family.

FOR MORE INFORMATION:

info@tlcforkids.org.au

workplace.tap2distract.org.au

Tap 2 Distract has been created and distributed by TLC for Kids Inc.

Tap 2 Distract is a practical wellbeing resource and does not replace professional, medical or psychological support.

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TLC for KIDS
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