



Support



for all.

Healthy Heads in Trucks & Sheds **is about helping your workplace be** **a healthy and thriving workplace.**

- Improving mental health and physical wellbeing
- Providing industry-specific wellness initiatives
- Supporting psychologically safe workplaces for all



The need is real.



TRANSPORT, POSTAL,
AND WAREHOUSING
RANKS LAST FOR
WORKPLACE
MENTAL HEALTH
AND WELLBEING



REPORT THAT
THEIR WORKPLACE
CAUSED OR MADE
A MENTAL HEALTH
CONDITION WORSE



OF TRUCK DRIVERS DON'T
MEET HEALTH AND BALANCED
DIET GUIDELINES



50% DO
NOT MEET
RECOMMENDED
LEVELS OF
PHYSICAL
ACTIVITY



31% ARE
REPORTING
SYMPTOMS OF
BURNOUT



32% REPORT
HIGH/VERY HIGH
LEVELS OF
PSYCHOLOGICAL
DISTRESS

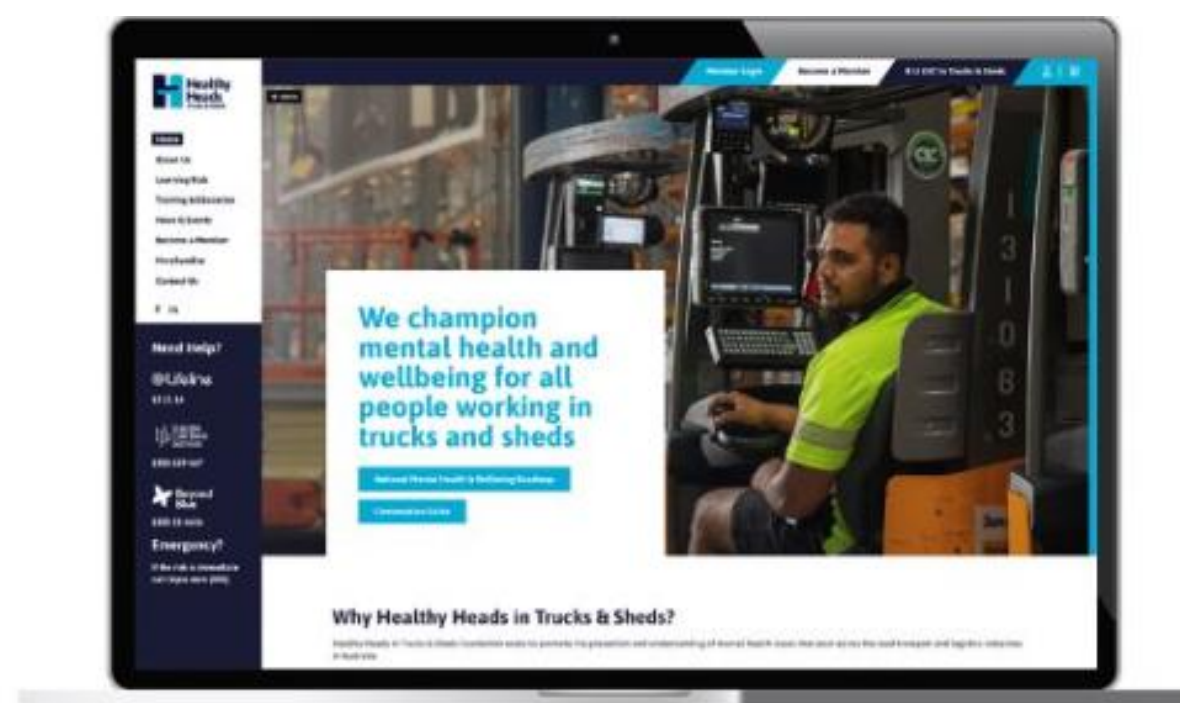
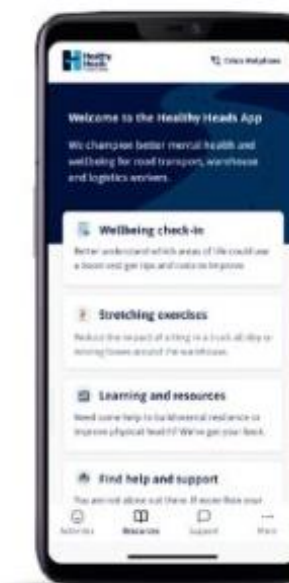


We need to look after our mental health the same way we do our physical health.

- Build awareness and understanding
- Provide tools and practical knowhow
- Embed healthier practices

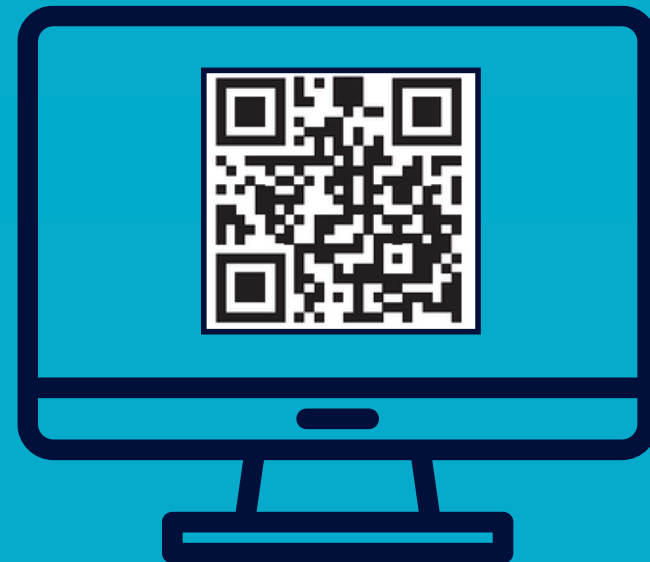
Support online.

- healthyheads.org.au
- Resources and training
- Information on better nutrition
- Recovery after Trauma Guide
- How Ya Travellin'? Podcast
- Healthy Heads App
- Workforce Handbooks





Join the cause that supports you.



Access our **FREE** resources
on the Healthy Heads website
www.healthyheads.org.au

Download the
**FREE Healthy
Heads App**

