



Sharing

the load.

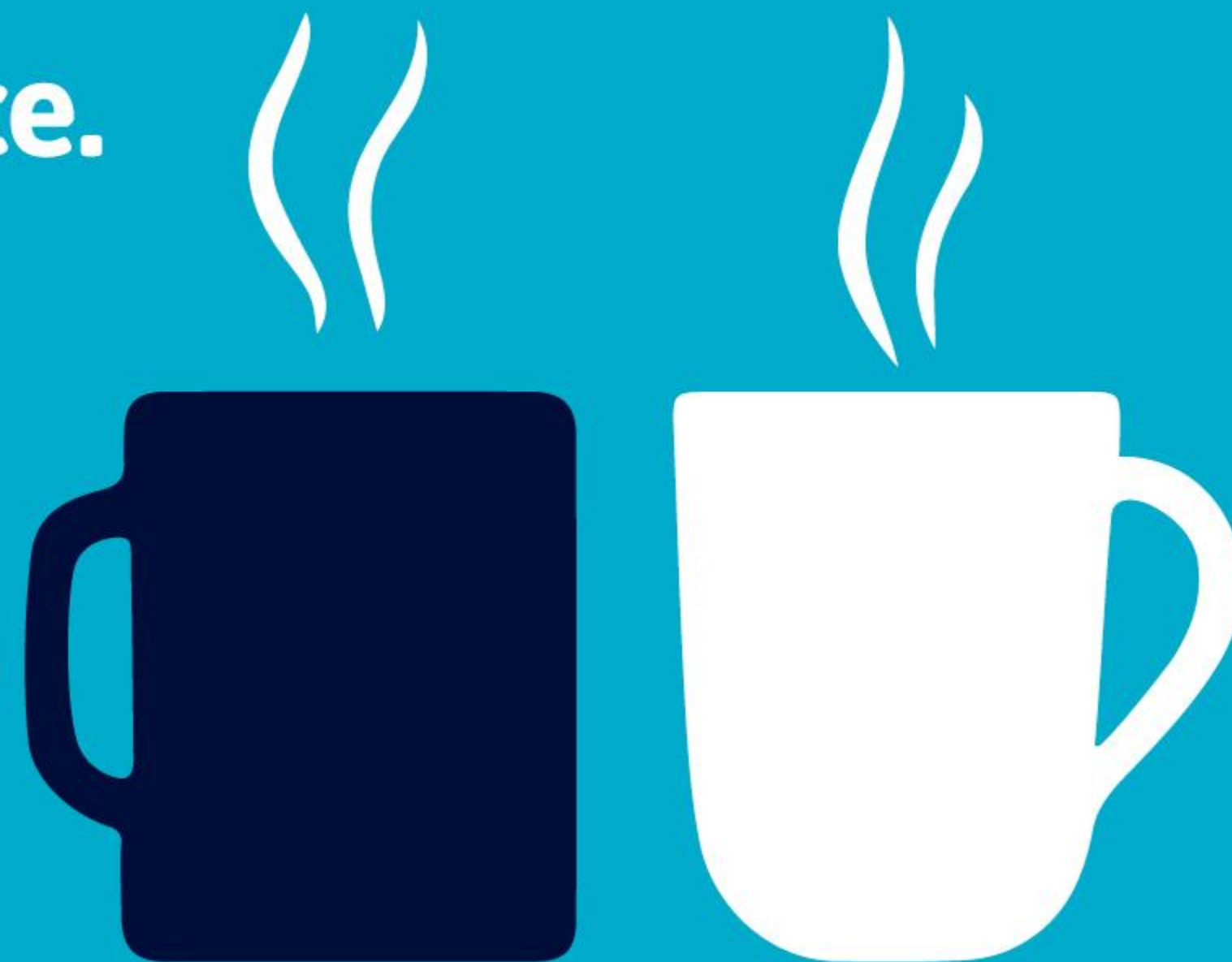


Healthy Heads in Trucks & Sheds is about helping your workplace be a healthy and thriving workplace.

- Being aware
- Being there for one another

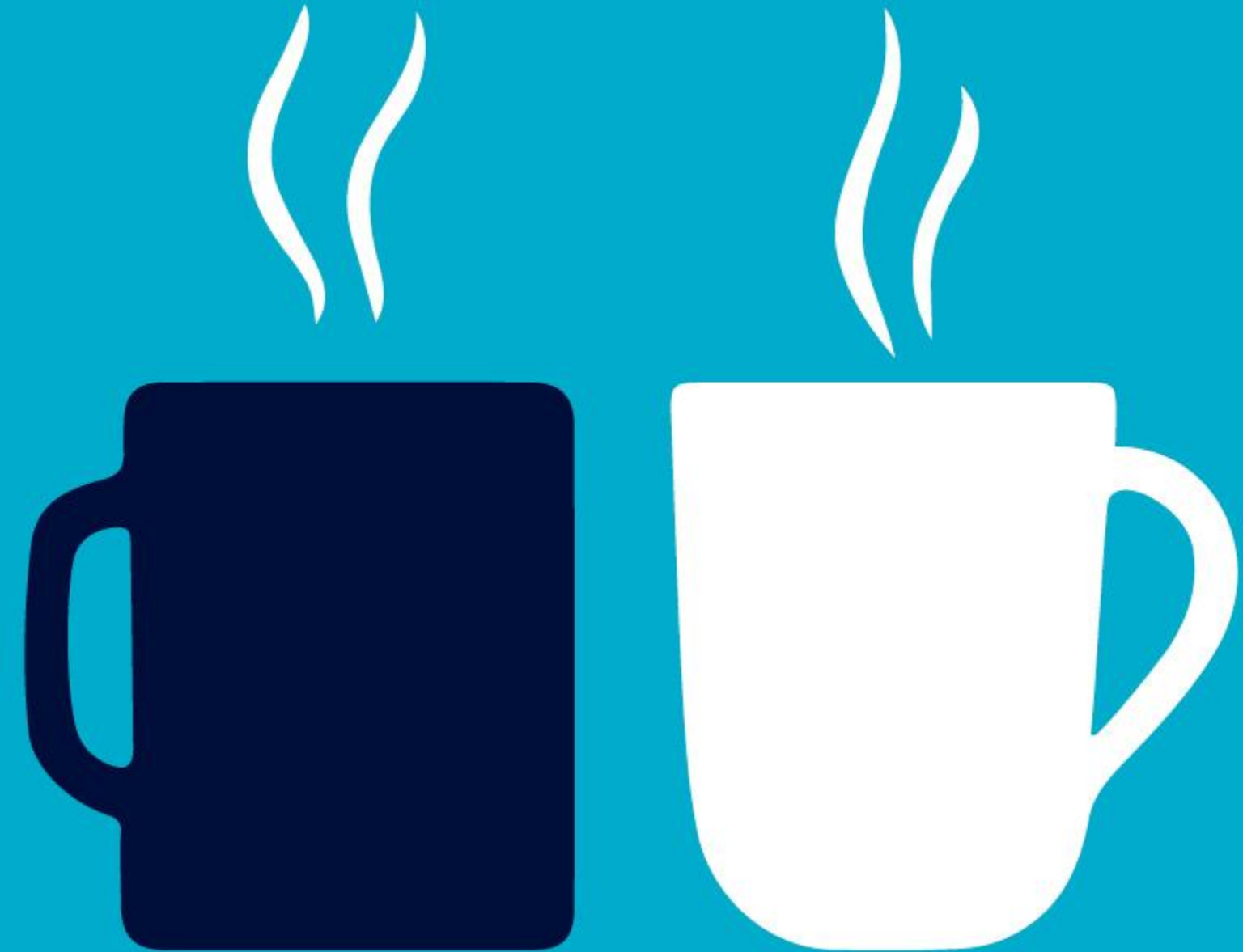


**A cuppa and a chat
can make a difference.**





**It's about gaining
perspective.**

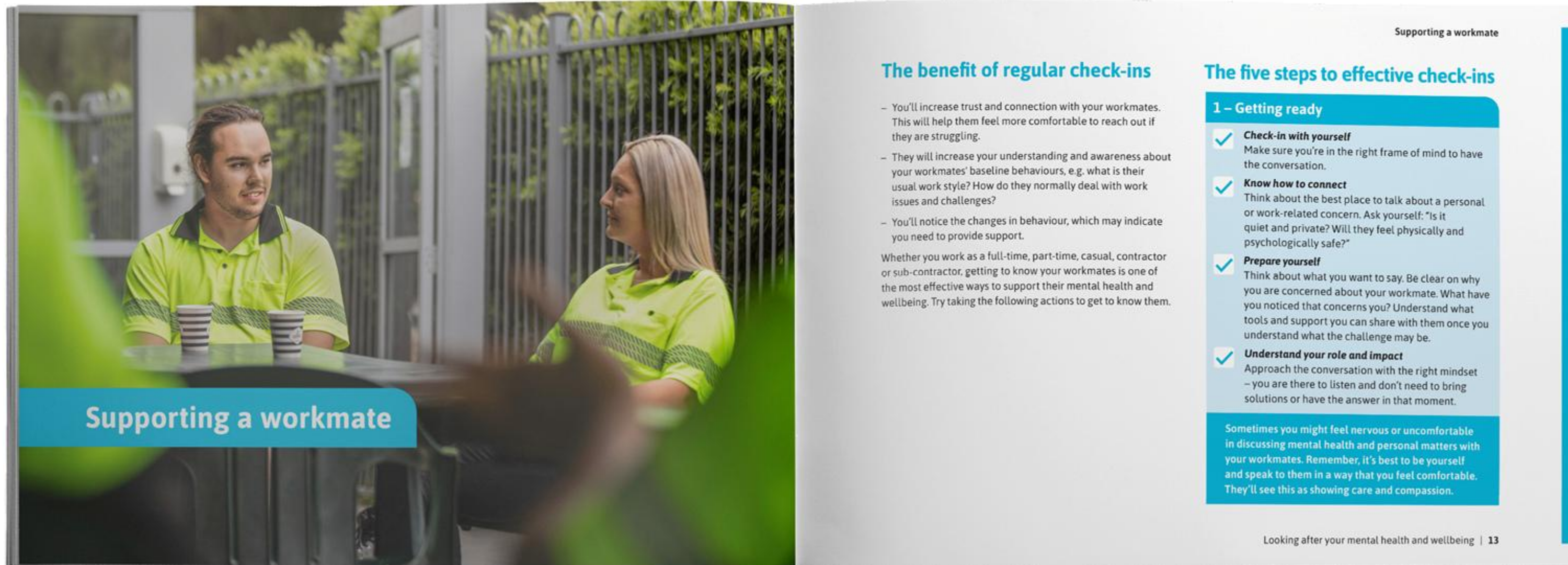


You don't have to have the answers. Just where to get expert support.

- [Lifeline - 13 11 14](#)
- [Lifeline Text - 0477 13 11 14](#)
- [Beyond Blue - 1300 224 636](#)
- [MensLine - 1300 789 978](#)
- [TIACS - 0488 846 988](#)
- [Suicide Call Back Service - 1300 659 467](#)



A five step plan for check-ins.





Support online and on hand.

- Resources and training
- Information on better nutrition
- Recovery after Trauma Guide
- How Ya Travellin'? Podcast



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



Download the
**FREE Healthy
Heads App**

