



Did you know that we have an App?
The Healthy Heads App provides access to loads of resources and tools right at your fingertips. Download via the App Store.



Support is on hand 24/7

If things get on top of you, there are experts you can talk to. Over the phone, by text, or online. All are confidential.

If you try one service and it doesn't feel right, then try another. Finding support that works for you is all part of finding the right help.

If your life is in danger or you are concerned for someone else's safety, please call 000.

Lifeline

13 11 14
lifeline.org.au

Lifeline Text

0477 131 114
lifeline.org.au

TIACS

0488 846 988
Mon-Fri
8am-10pm AEST

Suicide Call Back Service

1300 659 467
suicidecallbackservice.org.au

Mensline

1300 789 978
mensline.org.au

R U OK?

ruok.org.au/findhelp
hello@ruok.org.au




Beyond Blue

1300 224 636
beyondblue.org.au

Access heaps of useful stuff

Get lots of tips and tools designed for people in the sector at **healthyheads.org.au**.

Stay up to date with us

-  Healthy Heads in Trucks & Sheds
-  facebook.com/healthyheadsaus
-  @healthyheadsaus

Useful stuff for looking after yourself and others.

Tool  Box.



Healthy Heads in Trucks & Sheds looks after the mental health and wellbeing of people in transport, warehousing, and logistics. Here are five simple things we can all do to help look after ourselves and our workmates.



Train your brain

Not coping at work? Feeling disconnected and in need of support? Learn to manage your mental health and how to support others with a Healthy Heads training program.



Share your thoughts and feelings

Talk with people you trust to gain perspective and support. There are also several different professional services that are here to support you.



Check in with others

Check in with a colleague or friend. Genuinely ask, “are you OK?” You don’t need to know all the answers — just listen, offer support, and encourage them to seek help.



Fuel your mind

Stay hydrated and choose nutritious foods. Remember, what we eat and drink affects our brain, mood, and mental health. Improve your quality of life with healthier choices.



Exercise more, sleep better

Improve your sleep quality and decrease stress levels with regular exercise. Move, stretch, and access a variety of exercises on the Healthy Heads App.