

# Tips for building an R U OK? Culture in Trucks & Sheds



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- Prioritise company-wide wellness chats, featuring mental health experts.
- Support connection through staff get-togethers and family days.
- Promote the importance of physical health, including diet, movement and sleep.
- Normalise regular check ins.  
Ask, 'are you OK?'. Listen and follow up.

**Sally-ann**

Executive Manager



Scan the QR code or go to  
[healthyheads.org.au/ruok](https://healthyheads.org.au/ruok)

Ask  
**R U OK?** **ANY DAY**  
in Trucks & Sheds