



Healthy Heads Trucks & Sheds

Get on board.

And get the resources and support to help you look after your mental health and wellbeing.



Healthy Heads in Trucks & Sheds is an initiative by industry, for industry, that exists to address industry-specific challenges, and to help you to maintain your own mental health and wellbeing.

When you become a member, you get access to resources and support. We'll also keep you up to date with relevant news and new resources as they become available. By becoming a member, you're not only supporting yourself, but everyone right across the road transport, warehousing and logistics industries.

**Support the cause that supports you.
Scan the QR code to become a member.**

healthyheads.org.au



FREE
membership
for all
individuals.