

## National Roadmap, Member Charter, Guidelines and Handbooks

Healthy Heads in Trucks & Sheds is an initiative by industry for industry, that exists to help industry leaders, managers, business owners and workers tackle industry specific challenges regarding mental health and wellbeing. Part of this initiative has been the creation of Australia's first unified National Mental Health and Wellbeing Roadmap, Member Charter, Guidelines for Mental Health and Wellbeing Strategies, and Leadership and Worker Handbooks.



### National Roadmap

This document provides a unified plan for improving mental health and wellbeing, right across the transport, warehousing and logistics industries.

**Who it's for?**  
Industry participants  
People leaders  
Businesses



### Member Charter

A simple affirmation for members to display their commitment to the Healthy Heads in Trucks & Sheds cause.

**Who it's for?**  
Industry participants  
People leaders  
Businesses



### Guidelines

A practical resource that includes key strategic actions to help implement the National Roadmap.

**Who it's for?**  
People leaders  
Businesses

### Handbooks

The handbooks offer practical, easy to follow, easy to action mental health and wellbeing tools and tips for both leaders and workers.

#### Looking after your mental health and wellbeing

**Who it's for?**  
Individuals



#### Looking after the mental health and wellbeing of your team

**Who it's for?**  
People leaders