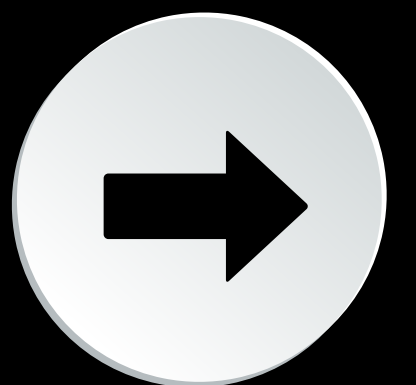


R U OK?™ in Trucks & Sheds



Your *interactive* workplace guide to
organising R U OK? in Trucks & Sheds

Click here to
get started →





RU OK?
inTrucks&Sheds



Click the home button any time to return to this index

Use our FREE resources to share the RU OK? message in your workplace and with your networks.

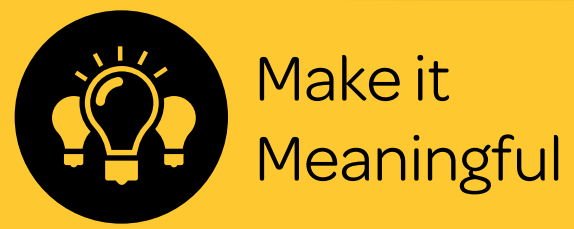


About RU OK? in Trucks & Sheds



Our Industry Day of Action

Click to go directly to a specific section



Make it Meaningful



Event Checklist



Conversation Starters and Activity Ideas



RU OK? Community Ambassadors



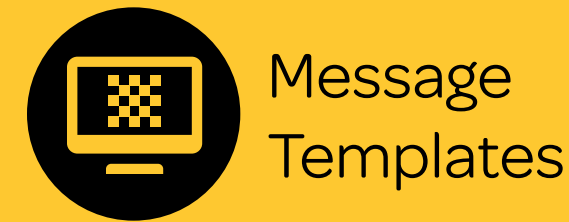
Merchandise



Safety



Free Downloads



Message Templates



Share your Efforts



Year-round Tips for Champions



Support Services


Use the arrows to flick through the guide in order





RU OK?
inTrucks&Sheds™

 **About
RU OK? in
Trucks & Sheds**

 Our Industry
Day of Action



[About R U OK?](#)

[Plan Your Event](#)

[Resources](#)

[Finding Help](#)

About R U OK? in Trucks & Sheds

R U OK? and Healthy Heads in Truck & Sheds have teamed up to empower people in the road transport, warehousing and logistics industries to meaningfully connect and genuinely ask, 'are you OK?'

Regular and meaningful conversations help us get to know the routines and behaviours of our workmates which can help us spot the signs that they might not be OK.

Together, we are back for the second year of R U OK? in Truck & Sheds, an industry-wide initiative to help people feel more connected and supported in their workplace.

This workplace guide includes resources to encourage your workplace get behind R U OK? in Trucks & Sheds and start driving conversations.



Healthy Heads in Trucks & Sheds Foundation promotes the prevention and understanding of mental health issues that exist across the road transport, warehousing and logistics industries.

RU OK?™

R U OK? is a public health promotion charity that inspires and empowers people to meaningfully connect with those in their world and lend support when they are struggling with life.



3





RU OK?TM
inTrucks&Sheds

 About
RU OK? in
Trucks & Sheds

 **Our Industry
Day of Action**



[About R U OK?](#)

[Plan Your Event](#)

[Resources](#)

[Finding Help](#)

Our Industry Day of Action

The road transport, warehousing and logistics industries will again come together for R U OK? in Trucks and Sheds 2023.

R U OK? in Trucks & Sheds Industry Day of Action

Tuesday 16 May 2023

Our industry day of action provides an opportunity to bring your workplace together to connect and encourage genuine conversations.

However, it's important to remember that every day is the day to think about who you might need to check in with to ask, 'are you OK?'

"To keep building a workplace culture that our industry is proud of, it's important that we provide opportunities to bring people together to help our workmates feel more connected and supported."

Naomi Frauenfelder – CEO, Healthy Heads in Trucks & Sheds



4





R U OK?
inTrucks&Sheds™



Make it Meaningful



Event Checklist



Conversation Starters and Activity Ideas



R U OK?
Community Ambassadors



Merchandise



Safety



About R U OK?

Plan Your Event

Resources

Finding Help

Make it meaningful

Hosting a workplace event is an effective way to bring people together and share the R U OK? message.

We encourage you to organise a get together for your workplace or team. It might be a chance to connect over a BBQ lunch, a toolbox talk at the start of each shift or a 'wear it yellow day' with R U OK? merchandise that helps spark a conversation – whatever you choose, it's important to make it meaningful.

Think about how you can encourage connection with your staff and build their confidence to ask, 'are you OK?' when they spot the signs someone they care about might be doing it tough.

- 1 Organise:** Whether it's a morning tea, a toolbox talk or an online event, a well organised activity can have a positive impact on the lives of those taking part.
- 2 Stay Connected:** Plan activities that provide opportunities for people to connect and talk to one another. Regular chats help us get to know each other better and that can break down barriers and lead to future meaningful conversations.
- 3 Educate and Inspire:** Share stories from within the industry to show how conversations can change lives. Provide resources with practical tools and tips on how to prepare for an R U OK? conversation and what to do next if someone says they're not OK.
- 4 Champions:** Recruit and involve people who believe in the power of a conversation to help you organise and deliver your R U OK? in Trucks & Sheds activities. These individuals can help champion the R U OK? message in your workplace all year round.



5





RU OK?
inTrucks&Sheds™

 Make it Meaningful

 **Event Checklist**

 Conversation Starters and Activity Ideas

 RU OK? Community Ambassadors

 Merchandise

 Safety



About RU OK?

Plan Your Event

Resources

Finding Help

Event Checklist

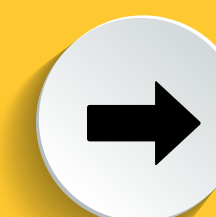
An event checklist to help get you started!

- Is it a face-to-face or virtual event?
- What connection activities will you include?
- Who will be invited/involved in your event?
- Do you need to book a space or venue for the event?
- Have you considered catering, amenities, accessibility and safety?
- Have you requested an RU OK? Community Ambassador to speak at your event?
- Will you display decorations or posters at the event and/or around the workplace?
- Have you ordered merchandise for your event?
- Have you downloaded the free resources to share?
- Have you sent out invitations to save the date?
- How will you promote your event?
- Are your managers, leaders and supervisors helping to promote the event?
- Have you included support services in your communications such as your Employee Assistance Program (EAP)?

Register as a Champion at healthyheads.org.au/ruok to be kept updated with the latest resources and information



6





About R U OK?

Plan Your Event

Resources

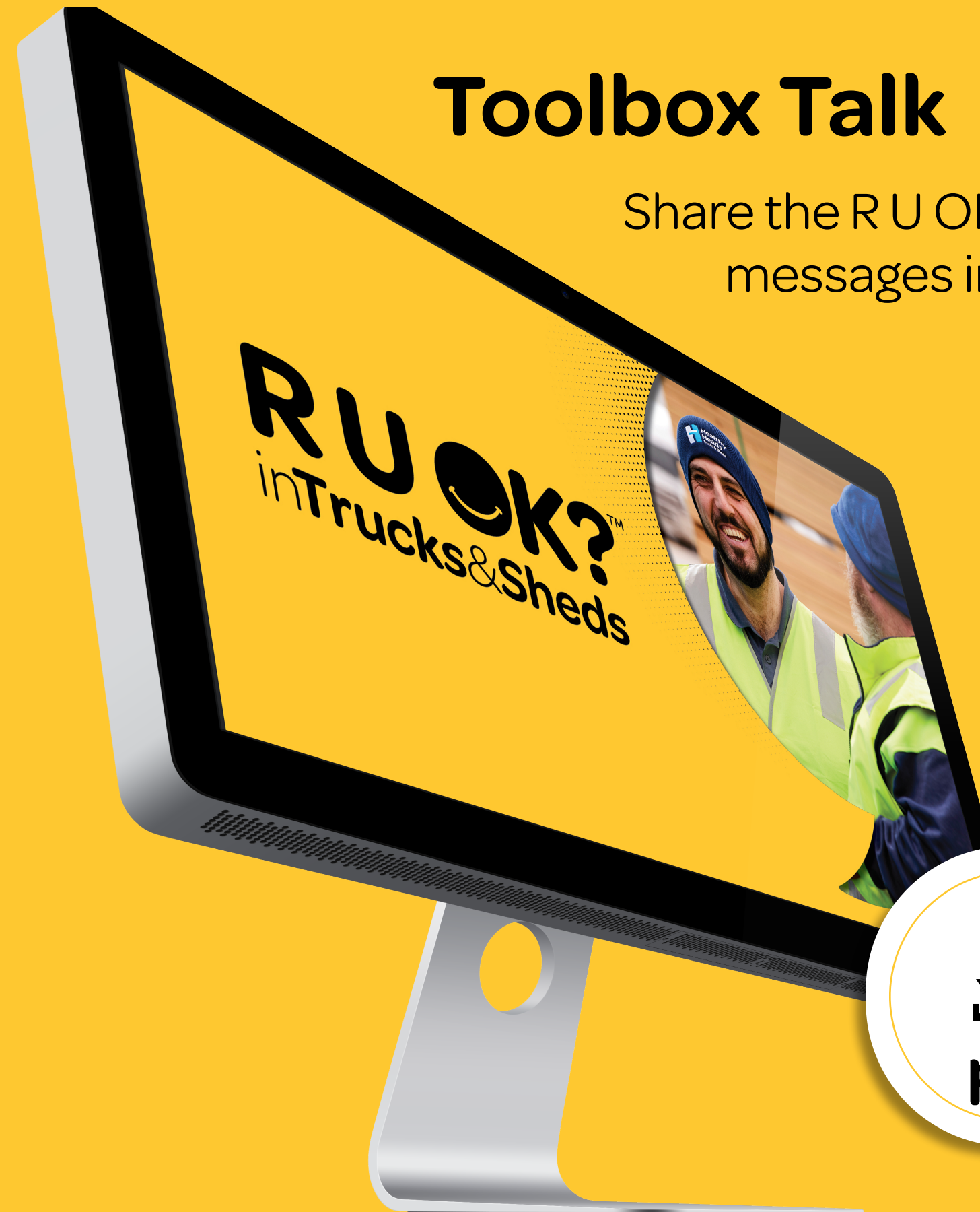
Finding Help

Conversation Starters and Activity Ideas

R U OK? inTrucks&Sheds™

Toolbox Talk

Share the R U OK? in Trucks & Sheds messages in your toolbox talk.



Download
↓ our free
presentation kit



Lunch 'n Chat



Connect over a shared meal or a cuppa and take the time to have a meaningful chat with a workmate.



Make it Meaningful



Event Checklist



Conversation Starters and Activity Ideas



R U OK? Community Ambassadors



Merchandise



Safety



7





RU OK?
inTrucks&Sheds

Make it Meaningful

Event Checklist

Conversation Starters and Activity Ideas

RU OK? Community Ambassadors

Merchandise

Safety



About RU OK?

Plan Your Event

Resources

Finding Help

Conversation Starters and Activity Ideas

Conversation starters



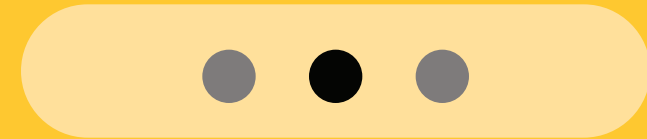
Add some fun to your event with some connection activities to spark conversations between workmates.

Download



Promote your event around the workplace

Display posters in lunchrooms, in the warehouse, back of toilet doors, in waiting bays or via an audio track in the warehouse as a reminder to make asking, 'are you OK?' a part of your everyday.





RU OK?
inTrucks&Sheds



Make it
Meaningful



Event
Checklist



**Conversation
Starters and
Activity Ideas**



RU OK?
Community
Ambassadors



Merchandise



Safety



About RU OK?

Plan Your Event

Resources

Finding Help

Conversation Starters and Activity Ideas



Walk the floor

As a manager or leader, walk the floor to say hi to your team at the start of each shift. Never underestimate the power of a hello and taking the time to acknowledge your staff.



Check in

Encourage staff members to regularly share how they're tracking. You could introduce a **check in scale** of 1 to 10 at team meetings or check in individually. Try to ask follow up questions based on their scale.



9





About R U OK?

Plan Your Event

Resources

Finding Help

R U OK? Community Ambassadors

R U OK?
inTrucks&Sheds™



Make it Meaningful



Event Checklist



Conversation Starters and Activity Ideas



R U OK?
Community Ambassadors



Merchandise



Safety



To help you share the R U OK? message, R U OK? has a network of trained Community Ambassadors who donate their time to speak in the community.

R U OK? Community Ambassadors can share their personal story and provide practical tools and tips about when and how to have a meaningful R U OK? conversation.

If you'd like to learn more about our Ambassador program or request a presentation by a Community Ambassador, please visit ruok.org.au/ambassadors

Things to note:

- Please allow a minimum of 4 weeks notice of your request for a Community Ambassador.
- We endeavour to fulfil all requests, however, we can't guarantee ambassador availability for every event.
- R U OK? Community Ambassadors volunteer their time, but we ask that you reimburse them for any out-of-pocket expenses they incur to speak at your workplace.
- In the event we cannot assist there are resources available including a powerpoint presentation deck which you or one of your colleagues could use in a presentation to share the R U OK? message.



10





RU OK?
inTrucks&Sheds

Make it Meaningful

Event Checklist

Conversation Starters and Activity Ideas

RU OK? Community Ambassadors

Merchandise

Safety



About RU OK?

Plan Your Event

Resources

Finding Help

Add a splash of yellow

RU OK? merchandise can help you promote your event and encourage conversations.

Proceeds from the sale of merchandise support the work of RU OK? to reach more people across Australia.

Shop for merchandise at store.ruok.org.au

Please check the store for current delivery updates. It's best to order your merchandise early (up to 3 weeks in advance) to avoid delivery delays.

You can also download free posters and resources at healthyheads.org.au/ruok

To shop for Healthy Heads merchandise visit healthyheads.org.au/shop



 **Visit our online store**



Drive conversations and ask 'are you OK?'

RU OK?
inTrucks&Sheds™



Make it Meaningful



Event Checklist



Conversation Starters and Activity Ideas



RU OK? Community Ambassadors



Merchandise



Safety



About R U OK?

Plan Your Event

Resources

Finding Help

Keep your audience safe

R U OK? is not a counselling or crisis support service. R U OK? resources empower people and gives them confidence to navigate a conversation with someone who might be struggling and guidance about how to connect them with appropriate support when needed.

The nature of the R U OK? mission and the personal reflections of people with lived experience of suicide can sometimes raise difficult emotions for others. It's helpful to acknowledge this at your event.

You could say, *"If today's talk brings up tough emotions for you it's OK to excuse yourself. If you need some extra support, I strongly encourage you to open up to someone you trust, connect with a trusted health professional, or access a service like Lifeline which is available 24/7 on 13 11 14."*

You can find other services and support organisations on the [R U OK? website](#)

To look after both speakers and audience members we encourage you to reference [this detailed checklist](#) from the [Mental Health Coordinating Council](#).

If your workplace has an Employee Assistance Programme (EAP) that provides staff with counselling or psychologist support you should remind staff members how to access it.



12





RU OK?
inTrucks&Sheds™

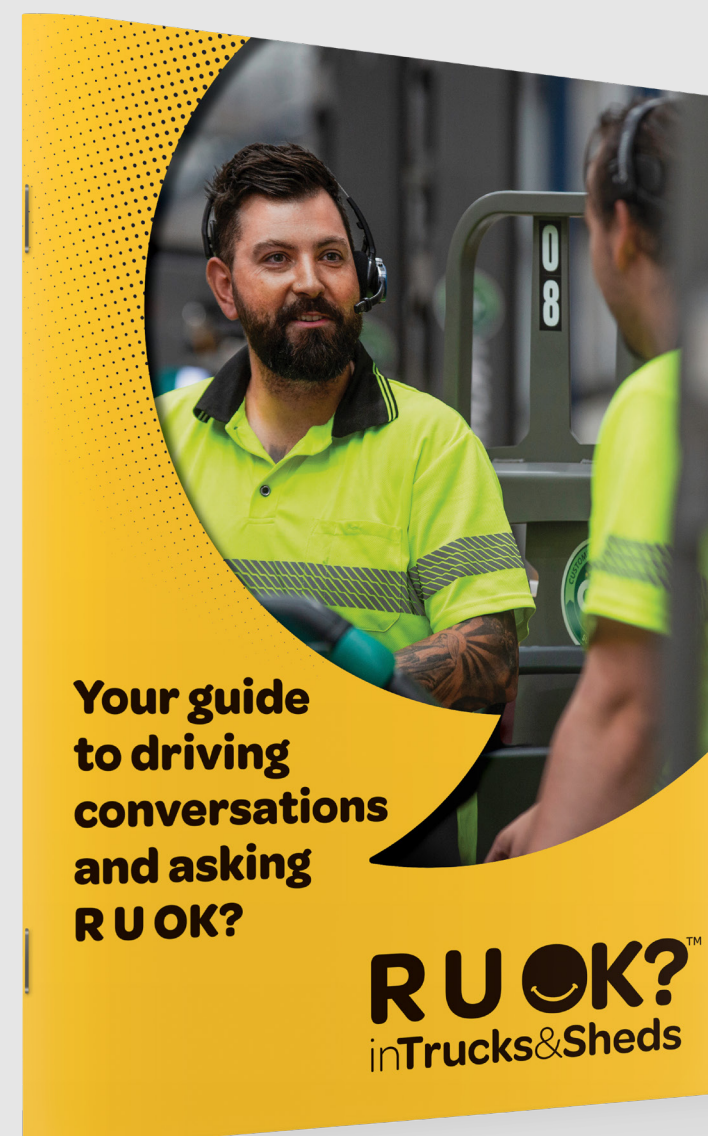
Free Downloads

To help you share the message, we've put together a range of downloadable resources.

Download these assets



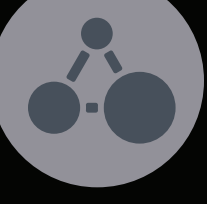

- Free Downloads
- Message Templates
- Share your Efforts
- Year-round Tips for Champions

- Conversation Guide
- Presentation slides
- Video and audio messages
- Social media tiles
- Posters
- Email Signatures





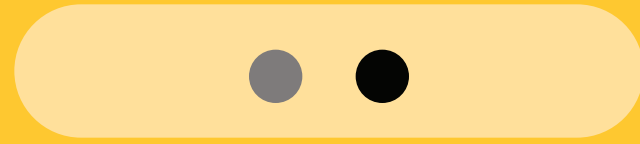
R U OK?TM inTrucks&Sheds

-  **Free Downloads**
-  **Message Templates**
-  **Share your Efforts**
-  **Year-round Tips for Champions**

Real Stories

We encourage you to share these personal stories that show the power and impact of R U OK? conversations with your teams and through your own channels.

 [Download case studies](#)

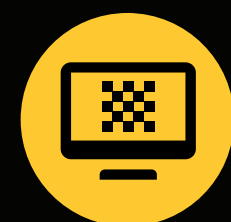




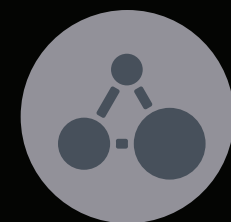
RU OK?
inTrucks&Sheds™



Free Downloads



Message Templates



Share your Efforts



Year-round Tips for Champions



About RU OK?

Plan Your Event

Resources

Finding Help

Message Templates

Below are some suggested messages that you can use in your event invitations, email newsletters, social media posts and more.

- Life's ups and downs happen to us all. One thing we can all do is keep driving conversations with our workmates who might be doing it tough, to help them feel connected and supported.
- For the second year in a row, RU OK? and Healthy Heads in Trucks & Sheds are encouraging workplaces in the road transport, warehousing and logistics industries to get the conversation wheels in motion.
- RU OK? in Trucks & Sheds is an industry wide day of action held on 16 May 2023 when companies large and small will come together, connect, share stories and learn how to have an RU OK? conversation any day of the year.
- These industries face some unique challenges, such as tight deadlines, long hours, shift work and isolation.
- Regular and meaningful conversations help us to know our workmate's routines and behaviours and can help us spot the signs they might not be OK.
- A genuine chat can really make a difference when someone is struggling.
- You don't have to be an expert to ask the question. You just need to be a good listener and be genuinely willing to support someone.
- Together let's keep driving conversations and make asking, 'are you OK?' a part of our every day.
- A conversation could change, or even, save a life.
- #RUOKtrucksandsheds

Download **FREE** resources including a practical conversation guide to spot the signs that someone is struggling and how to ask that important question, 'are you OK?' plus a workplace guide to hosting your event at healthyheads.org.au/ruok



15





About RU OK?

Plan Your Event

Resources

Finding Help

Share your efforts

We would love to see your event in action and hear how the day went. We encourage you to take photos or a video of your event (if it's appropriate to do so) and share with us your stories of connection.

Post them on your social media channels with the hashtag #RUOKtrucksandsheds

You can also tag @ruokday and @healthyheadsau

If you have stories of impact that you want to share, please email them to info@healthyheads.org.au

RU OK?™ inTrucks&Sheds

Free Downloads

Message Templates

Share your efforts

Year-round Tips for Champions





RU OK?
inTrucks&Sheds™



Free Downloads



Message Templates



Share your Efforts



Year-round Tips for Champions



About RU OK?

Plan Your Event

Resources

Finding Help

Year-round tips for champions

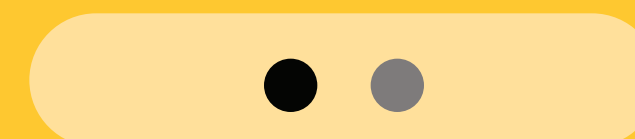
Staying connected and supporting each other isn't just for one day of action. Fostering a year-round healthy work environment benefits business and everyone in the business.

Leaders and champions play a particularly important role in setting the tone and supporting the mental health and wellbeing of staff. You can do this by encouraging regular meaningful conversations and building an RU OK? Culture in your organisation.



Top 10 tips to building an RU OK? Culture

- 1** Communicate the RU OK? message year round via your local communication channels (intranet, newsletter etc).
- 2** Set a standing agenda item in team meetings to discuss wellbeing matters. Provide a space where employees can access their manager to talk about problems they may be having.
- 3** Sensitively share RU OK? stories that highlight how the organisation and individuals have been able to support each other.
- 4** Provide support services and referral options to staff all year round & regularly highlight the services available. Invite an EAP representative to talk to staff about what it offers and how to access the assistance.



17





R U OK?TM inTrucks&Sheds

 Free Downloads

 Message Templates

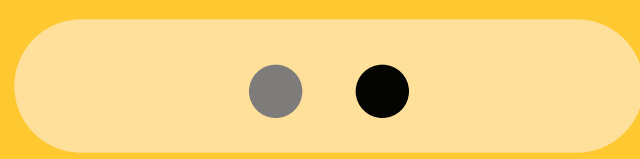
 Share your Efforts

 **Year-round Tips for Champions**

- 5 Organise connection activities for staff members to get to know each other and encourage genuine conversations.
- 6 Recognise and reward the efforts of your team for steps they take to build the R U OK? Culture.
- 7 Model healthy behaviours such as attending to your own self-care, having breaks, and taking leave.
- 8 Organise and encourage participation in mental health and wellbeing training.
- 9 Notice the signs and ask, 'are you OK?' if you think someone might be struggling.
- 10 Map out a calendar of activities, initiatives, and goals for the year to help you stay on track:



Release of new resources for R U OK? in Trucks and Sheds. Start planning your event.	R U OK? in Trucks and Sheds industry day of action.	Plan a connection activity for your team.
March	May	June
Acknowledge R U OK?Day by sharing stories of impactful R U OK? conversations.	Remind your team of the help available in the lead up to the busy holiday season.	Plan your next year ahead - set up goals to help you build a mentally healthy workplace
September	November	January





RU OK?TM
inTrucks&Sheds



**Support
Services**



About RU OK?

Plan Your Event

Resources

Finding Help

Support is available

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

If you're finding life tough or need some extra support, it can help to talk with someone you trust. You and your loved ones can also contact your local doctor or one of the services below for advice.

Lifeline (24/7)

13 11 14

lifeline.org.au

Beyond Blue (24/7)

1300 224 636

beyondblue.org.au

Suicide Call Back Service (24/7)

1300 659 467

suicidecallbackservice.org.au

13 YARN (24/7)

Support line for Aboriginal and Torres Strait Islander people

13 92 76

13yarn.org.au

QLife (3pm-midnight)

Anonymous, free LGBTI support

1800 184 527

qlife.org.au

Kids Helpline

(24/7, for youth 5-25)

1800 55 1800

kidshelpline.com.au

MensLine (24/7)

1300 78 99 78

mensline.org.au

More contacts

ruok.org.au/findhelp

For additional information on how to access Australia's most trusted mental health service providers, visit www.headtohealth.gov.au



19

