Having challenges in life doesn't mean you can't do your job; **it means you're human.**

Glenn

Truck Driver

Scan the QR code or go to
healthyheads.org.au/ruok

Ask

RU OK?™
inTrucks&Sheds

No qualifications needed

I slipped into a dark hole. What turned things around was a simple conversation with my mate. **He just listened. I'm confident that conversation saved my life.**

Glenn

Truck Driver

Scan the QR code or go to
healthyheads.org.au/ruok

Ask R U OK?™ in Trucks & Sheds

No qualifications needed

The reality is we all face stress in life, and while it isn't always work-related, **we spend a decent amount of time at work, so it needs to be a safe place to talk about our challenges.**

Glenn

Truck Driver

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healthyheads.org.au/ruok

Ask R U OK?™ in Trucks & Sheds

No qualifications needed