Having mates at work who know my situation and give me the space to talk about it **makes me feel less alone.**

> **Tom** Workshop Leading Hand

(0)

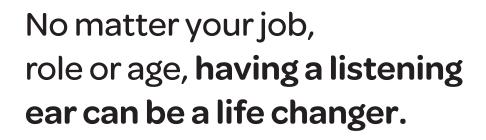
0.



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



No qualifications needed





0



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



0

+ 400

No qualifications needed

I'm no longer afraid to say I'm not OK. I think me being so open has helped the boys be more open too.

> **Tom** Workshop Leading Hand

R

0

0



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

ASA RU©K?™ inTrucks&Sheds 0

No qualifications needed