



Healthy Heads App

Help when you need it

Confidential help on hand 24/7.



Have options at your fingertips if you or someone you know needs mental health support.



Healthy Heads App Promotional Kit

Healthy Heads in Trucks & Sheds has developed a handy promotional kit to help businesses of all sizes encourage their teams to download the Healthy Heads App.

Having the Healthy Heads App at your fingertips means you have quick access to crisis helplines, and links to free counselling services whenever you or a colleague may need support. The App offers a snapshot of your wellbeing, walks you through a series of easy-to-do exercises, shows you where and how to access discounted healthier meals at participating bp truck stops, and features many more wellbeing resources specifically designed for those working in the transport, warehousing and logistics industries.

The Healthy Heads App Promotional Kit includes ready to use social media copy, social tiles, posters, and audio ads. Find all this by clicking below.



[To download all Promotional resources](#)



Free support

Have options at your fingertips if you or someone you know needs mental health support.



Resources

Have resources, tools and tips available any time.



Exercises & stretching

Resistance band exercises and stretches you can do at home and on the road.



Choose Healthier & Save

Discounted healthier meal choices at participating bp truck stop sites.



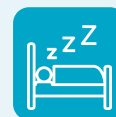
Wellbeing check in

Get a snapshot of your wellbeing with just 16 multiple choice questions.



Breathing exercises

Simple breathing exercises you can do anytime or anywhere.



Sleep tips

Find simple ways to improve your sleeping habits and feel well rested.

