

# Meet Eno

**CONTENT WARNING**  
This story discusses suicide.

Eno, 48, is a local truck driver for an earthmoving company in Coffs Harbour NSW. He got his heavy vehicle licence when he was 18 and has been driving trucks ever since, spanning several industries including firefighting, retail and earthmoving. Throughout his life, Eno has experienced mental health challenges and sadly lost friends to suicide. He shares his experience and the ways we can make tough conversations easier by normalising checking in.



**“Small conversations and regular connection play a huge role in encouraging people to open up.”**

**Most truckies find it hard to talk about their feelings because we're so used to being alone on the job.** When I was driving interstate, I'd leave home Sunday, and I wouldn't get back until Friday night. I was away from home five days a week and I'd only be interacting with drivers on the radio or during unloading. It's very isolating compared to your average workplace, where you're around colleagues every day and there's more opportunity for chit chat and checking in.



It became clear to me just how much we keep things to ourselves when a close work mate of mine took his life in 2022. He was the type of bloke who always rocked up to work with a smile and would give you the shirt off his back if you needed it. **We knew he'd had some recent life changes, but we all thought everything was OK.** I spoke to him Friday and we parted ways saying, 'see you on Monday'. I never saw him again.



**Listening can make a person who's feeling alone realise that people do care. It did for me. That's why I'm here today.**

That's the thing about mental health challenges – it isn't always obvious. **Your smiling workmates can be struggling.** I believe small conversations and regular connection play a huge role in encouraging people to open up and reminding them it's OK to not be OK. **When you feel comfortable with someone, you're more likely to share your struggles.** Recently, I shared my own personal struggles at a men's event for Bunnings staff. About two weeks later, I was in Bunnings and a young guy came up to me, shook my hand and said thank you. He'd been struggling but didn't know what to do and after hearing my story, he felt comfortable getting the help he needed.

We overcomplicate what 'checking in' means – how we should do it and when we should do it. **What's important is that we do it – it's definitely true, if you don't ask, you can't know how someone really is.** My biggest advice is to be genuine when you ask 'are you OK?', and maybe even follow up with 'are you really OK?' – because we're all guilty of saying we're fine when we might not be. If someone shares that they're not OK, give them space to talk. You don't need to give advice or solve their problem. **Being there to listen can make a person who's feeling alone and stuck realise that people do care.** It did for me. That's why I'm here today.

The best way to support R U OK? in Trucks and Sheds is by checking in with your workmates today and every day.



For support contact Lifeline.  
Call 13 11 14 or text 0477 13 11 14.

For more information visit [ruok.org.au/findhelp](https://ruok.org.au/findhelp)



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