



The best way to support R U OK? in Trucks & Sheds is by adding **‘check in with colleagues’** to your job description – because it’s something we all should do. It can, and does, save lives.



Vikki

Distribution Centre Manager



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

Ask

R U OK?[™]
inTrucks&Sheds

No qualifications needed