



About us

Healthy Heads in Trucks & Sheds

(Healthy Heads) is a national not-for-profit foundation that supports the mental health and wellbeing of people within the transport, warehousing, and logistics sectors.



*Founded
by industry,
for industry,
everything we
do is tailored to
meet the specific
needs of those
who work in
the sector.*



The challenge

The industry has been ranked **19 out of 19** sectors for workplace mental health since 2017.



31% of employees
are **reporting symptoms** of burnout.



32% of employees
are reporting symptoms of **high/very high levels** of psychological distress.

14.8% of employees
said **work made a positive impact** on their mental health, demonstrating the vital role workplaces can play.



What we provide

Healthy Heads raises awareness of what workplaces can do to support the mental health and wellbeing of employees, and develops programs, resources, and industry-specific wellness initiatives. Our aim is to transform the sector into a healthy and psychologically safe workplace for all, in which individuals can thrive.

HEALTHY
HEADS APP

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DISCOUNTS

ROAD SHOW
TRUCK

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HELP

TAILORED
MENTAL HEALTH
TRAINING COURSES

RECOVERY
AFTER TRAUMA
GUIDE

PRACTICAL
INFORMATION
ON NUTRITION

PHYSICAL
HEALTH
RESOURCES

R U OK?
IN TRUCKS
AND SHEDS

MULTILINGUAL
RESOURCES

TOOLBOX
TALKS

PSYCHOLOGICAL
HEALTH AND SAFETY
MANAGEMENT

Getting started



Access our **FREE resources**
on the Healthy Heads website
www.healthyheads.org.au



Share our resources with your drivers,
teams, customers, contractors and
people across the industry



Join our Community
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healthyheads.org.au