Healthy Heads Trucks & Sheds



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.

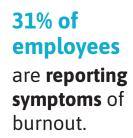


Founded
by industry,
for industry,
everything we
do is tailored to
meet the specific
needs of those
who work in
the sector.



The challenge

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



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 HEALTHY FOOD DISCOUNTS

ROAD SHOW TRUCK LINKS TO
PROFESSIONAL
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**





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