



A mate noticed I wasn't myself and checked in. That moment changed everything for me. I realised I wasn't alone.

Meet Bruce

Bruce is the owner of a truck compliance company, a transport podcaster and a truck restorer, with a passion for talking openly about mental health.

He uses his platform to advocate for how a meaningful mental health check-in can genuinely turn someone's life around. As someone who has received help while experiencing depression and post-traumatic stress disorder (PTSD), and provides help to others, Bruce offers honest and real-world advice.

I've worked across almost every corner of the transport industry - from being a truckie, to vehicle restoration, allocation and compliance, to exploring transport history through a podcast.

I've also been on both sides of an R U OK? Conversation. **I've had someone check in on me and change the course of my life, and I've checked in on someone in distress who later told me this check in saved theirs.**

I first began to seriously struggle with my mental health at 25, after a major car accident left me with a broken neck. The physical pain was overwhelming, but losing my ability to work took an even heavier toll on my mental health.

When I returned to the workforce, I moved through several roles in transport. Despite the long hours, paperwork and time away from home, it was workplace bullying that caused my mental health to unravel again.



A childhood friend noticed something wasn't right and checked in. They were honest and direct. **That conversation encouraged me to seek professional help and to be more open about what I was going through.**

I've since been diagnosed with depression and post-traumatic stress disorder. I still have low periods and experience suicidal thoughts. **The difference now is that I feel safe talking about it.** I'm open with my wife, my business partner and close friends, and I continue to work with a psychologist I trust.

Being open about mental health has also given me purpose. Through *Copy Southbound*, the podcast I co-present, I talk honestly about living with depression. Since we began these conversations, nearly **80 people have reached out to say it stopped them from taking their lives** by encouraging them to seek help.

I've got a lot of real-world experience through my own struggles with mental health, and my key piece of advice is:

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Be brave enough to ask. Ask a mate, a colleague or a family member, 'are you OK?'. Really listen and follow up. Look out for your mates in the industry. You never know what they might be carrying.



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healthyheads.org.au/ruok

Ask
RUOK?  **ANY DAY**
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