

Healthy Heads Talk No 1.

Support for all

This Healthy Heads Talk is an introduction to Healthy Heads in Trucks & Sheds.

Who it's for. What our aim is. Why we need it. Where to learn more.

You'll need at least one copy of the handbook.

More would be better for handing out on the day.

And to have the App on your mobile.

Take the time to have a couple of rehearsals, using the following script as a guide.

Don't be afraid to find your own words.

Just remember, we want to clear, concise and approachable.

We also want to encourage people to download the Healthy Heads App and access all the great stuff on our website..

Slide 1 – Support for all

Script

Support for all in the warehousing, transport, and logistics industry.

This is what Healthy heads in Trucks & Sheds is about.



[Scan here to download the Healthy Heads App](#)

Slide 2 – Helping your workplace be a healthy and thriving workplace.

Script

Or to put it another way,

Healthy Heads in Trucks & Sheds is about helping your workplace be a healthy and thriving workplace.


Which includes all of us here and the people we work with.

Healthy Heads in Trucks & Sheds (Healthy Heads) is a not-for-profit, independent foundation. that provides a national approach to improving mental health and physical wellbeing for people working in road transport, warehousing and logistics.

Its only agenda is to improve things for all.

Firstly, by improving our physical and mental health through education and industry-specific wellness initiatives and programs.

From nutrition and sleep, to exercise and handling stress. They all go hand in hand.


Healthy Heads in Trucks & Sheds

Talk No. 1

Healthy Heads in Trucks & Sheds is about helping your workplace be a healthy and thriving workplace.

- Improving mental health and physical wellbeing
- Providing industry-specific wellness initiatives
- Supporting psychologically safe workplaces for all

2



Scan here to download the Healthy Heads App

Slide 3 – The need is real.

Script

As you can see here, our industry has stuff we can improve.
We need to do something. Both physically as well as mentally.

Action note: Highlight selected stats that relate best to those in the huddle.
Be sure to include physical and mental health stats.

The need is real.



Slide 4 – We need to look after our mental health the same way we do our physical health.

Script

We need to look after our mental health the same way we do our physical health.

This just makes sense.

If I get sick or injured, I do something about it.


Sometimes I can fix minor scrapes myself. Other times I need an expert.

Our mental health is the same. For some of us this is a shift in thinking.

Which is why we need to build awareness and understanding.

Back it up with tools and practical knowhow.

And make looking after ourselves part of how we work - every day.

 Healthy Heads in Trucks & Sheds

Talk No. 1

We need to look after our mental health the same way we do our physical health.

- Build awareness and understanding
- Provide tools and practical knowhow
- Embed healthier practices

4



Scan here to download the Healthy Heads App

Slide 5 – Support online.

Script

All of Healthy Heads's resources are available for free and easy to find on the website healthyheads.org.au

Another great resource is the App – *help on hand when you need it*

Action note: *Hold up the app*

And there's this handbook too

Action note: *Hold up the handbook.*

Both have been created for us and our industry.

Support online.

- healthyheads.org.au
- Resources and training
- Information on better nutrition
- Recovery after Trauma Guide
- How Ya Travellin'? Podcast
- Healthy Heads App
- Workforce Handbooks



Slide 6 – Join the cause that supports you.

Script

I have some QR codes that go directly to the App and website for you to scan now, remember it is free and there for us. Any questions?


Healthy Heads in Trucks & Sheds

Talk No. 1

Join the cause that supports you.



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

Download the
**FREE Healthy
Heads App**



6



Scan here to download the Healthy Heads App