

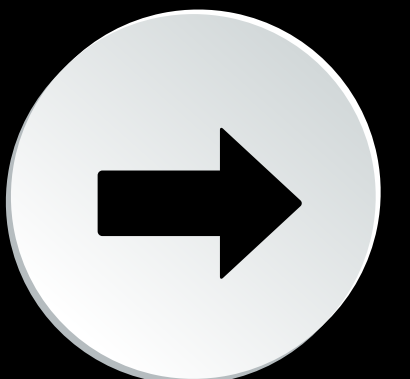
ASK RUOK?[®] ANY DAY

inTrucks&Sheds



Your *interactive* workplace guide

Click here to
get started



Ask
R U OK?
ANY DAY
inTrucks&Sheds



About R U OK? in Trucks & Sheds



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Use our FREE resources to share the R U OK? message in your workplace.

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About R U OK? in Trucks & Sheds

R U OK? and Healthy Heads in Trucks & Sheds have teamed up to empower people in the road transport, warehousing and logistics industries to Ask R U OK? Any Day, because regular, meaningful conversations can change lives.

This guide will help you plan your activities and build your conversation confidence.



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



About
**R U OK? in
Trucks & Sheds**



Our 2026
message

R U OK? in Trucks & Sheds Day of Action

Tuesday 12 May 2026

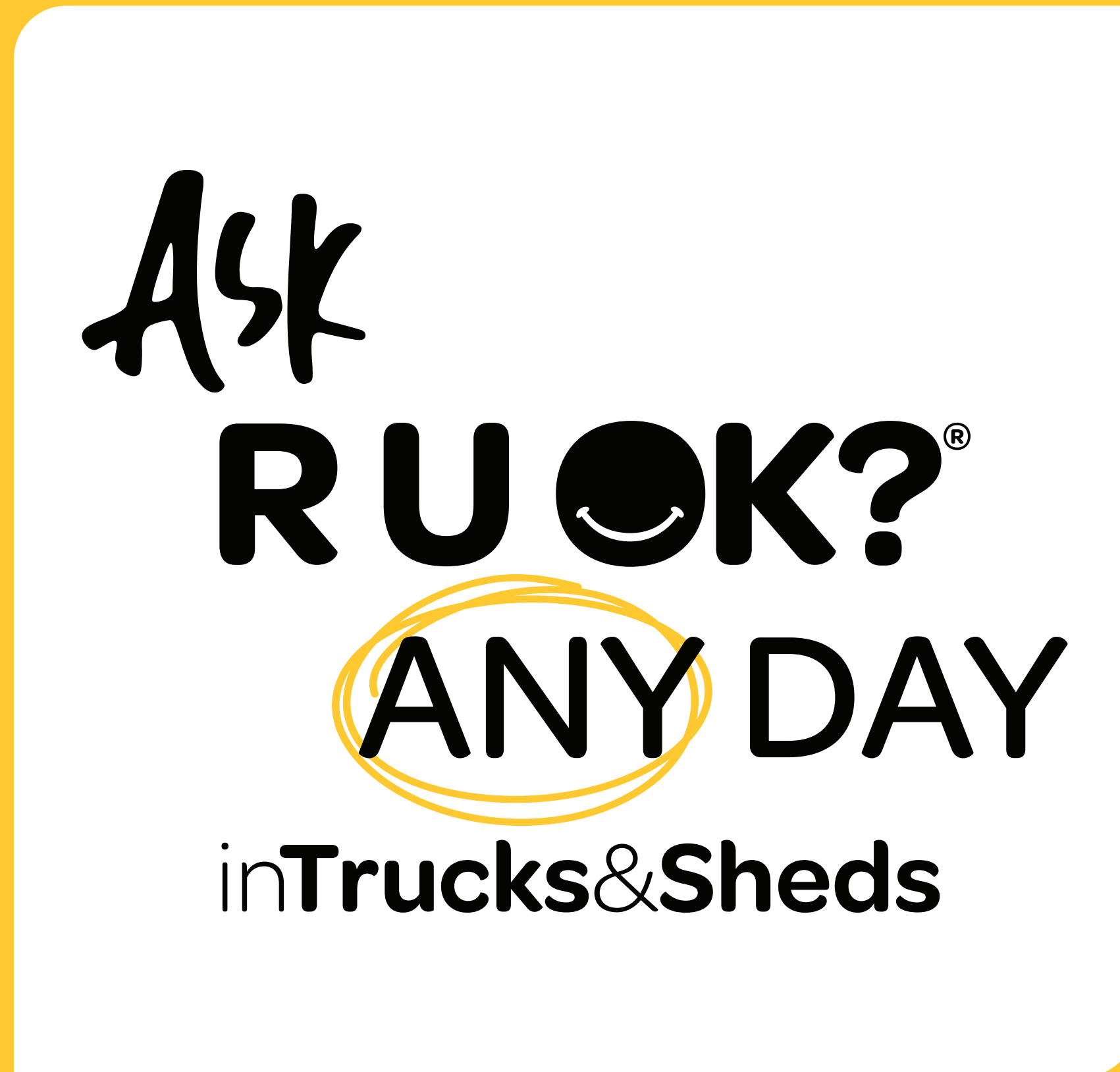


R U OK? is a national suicide prevention charity and registered public health promotion that encourages people to stay connected and have conversations that can help others through difficult times.





Our 2026 message:



R U OK? in Trucks & Sheds is calling on the road transport, warehousing and logistics industries to Ask R U OK? Any Day, because regular, meaningful conversations can change lives.


R U OK? research has found that 90% of people who are regularly asked 'are you OK?' feel more supported, connected and cared about.¹


Every meaningful conversation helps build a safe and more supportive workplace culture.

That's why we need to Ask R U OK? Any Day of the year.

R U OK? in Trucks & Sheds is a reminder, but it's the actions we take regularly that truly make a difference.

Ask R U OK? Any Day in Trucks & Sheds, because a conversation could change a life.

 About R U OK? in Trucks & Sheds

 **Our 2026 message**



Championing the R U OK? in Trucks & Sheds message

We encourage you to organise a workplace event. It's an effective and engaging way to connect your staff and share the R U OK? message.

- Step 1** **Recruit Champions** to help organise and deliver your R U OK? in Trucks & Sheds events and activities. They can help you champion the R U OK? message all year round!
- Step 2** **Get connected** and plan activities that provide opportunities for people to connect and talk to one another. Regular check ins help us to know each other better and makes us better placed to spot the signs when someone might be struggling.
- Step 3** **Educate and inspire** with practical tools and tips on how to prepare for an R U OK? Conversation and what to do next if someone says they're not OK.

Practical tips:

Share the R U OK? message



Display R U OK? posters in lunchrooms, the warehouse, noticeboards, or in waiting bays, as a reminder to Ask R U OK? Any Day.

Inspire through stories



Invite a staff member or an R U OK? Community Ambassador to safely share their story. Sharing stories and experiences can help break down stigma and understand the impact of asking 'are you OK?'

Provide pathways of support



Invite your Employee Assistance Program (EAP) to your Toolbox talk to start conversations about wellbeing and to let your team know how to access support.

Championing the R U OK? in Trucks & Sheds message

- Connection Ideas
- Event Checklist
- R U OK? Community Ambassadors
- Merchandise

Connection ideas

1 BBQ 'n' banter

Bring your team together. Host a 'BBQ and banter' lunch and 'dress in hi-vis yellow'. Use this time to connect and check in.



3 Create a R U OK? Conversation corner

Create your own R U OK? in Trucks & Sheds conversation corner where anyone can have safe and meaningful conversations.



2 Toolbox talk

Share the R U OK? in Trucks & Sheds message in your toolbox talk. Provide staff with information on how to access support if they or someone they know is struggling.








4 Play conversation bingo

Get to know your teammates by asking questions and finding out more about your workmates.



 [Download our free presentation kit](#)

-  Championing the R U OK? in Trucks & Sheds message
-  **Connection Ideas**
-  Event Checklist
-  RU OK? Community Ambassadors
-  Merchandise



Connection ideas

5 Buddy up!

Set up a buddy system by pairing people across the organisation for regular check-ins, giving everyone a go-to person to connect with and to help conversations happen more easily.



6 Conversation cards

R U OK? playing cards double up as conversation starters. Keep these in the lunch room to start conversations.



Available at the R U OK? online store

7 Weekly check ins

Schedule a regular 10 minute catch up with team members, whether they are on-site, on the road or working remotely.



For drivers, this could be a quick phone call during a scheduled break or compulsory rest stop.

Use the time to check in, listen and ask how they are really going.

8 The power of a 'hello'

As a manager or leader, walk the floor to say hi to your team. Never underestimate the power of a 'hello' and the importance of taking the time to acknowledge your staff.

Remember your team that is out on the road or working remotely. A quick phone or video call to say 'hello' can make them feel valued and connected, despite the km's between you.



Championing the R U OK? in Trucks & Sheds message



Connection Ideas



Event Checklist



R U OK? Community Ambassadors



Merchandise





Event checklist

An event checklist to help get you started!

- Is it a face-to-face or virtual event?
- What connection activities will you include?
- Who will be invited/involved in your event?
- Do you need to book a space or venue for the event?
- Have you considered catering, amenities, accessibility and safety?
- Have you considered having an RU OK? Community Ambassador speak at your event?
- Will you display decorations or posters at the event and/or around the workplace?
- Have you ordered merchandise for your event?
- Have you downloaded the free resources to share?
- Have you sent out invitations to save the date?
- How will you promote your event?
- How will you extend the event or share the messaging with those on the road or working remotely?
- How can your managers, leaders and supervisors help to promote the event?
- Have you included support services in your communications such as your Employee Assistance Program (EAP)?

Register as a Champion at healthyheads.org.au/ruok to be kept updated with the latest resources and information



Championing the RU OK? in Trucks & Sheds message



Connection Ideas



Event checklist



RU OK? Community Ambassadors



Merchandise





R U OK? Community Ambassadors



R U OK? Community Ambassadors are volunteers who are trained to safely share their story of mental ill-health and/or suicide. They can also provide practical tools and tips about when and how to have a meaningful R U OK? conversation.

It's important to acknowledge that the nature of the R U OK? mission and the personal reflections of people with lived experience of suicide can sometimes raise difficult emotions for others. **It's important to acknowledge that Ambassador presentations may be difficult for some and raise emotions.**

- Provide your staff with ways to access support services at and following the event. E.g. onsite counsellor, Employee Assistance Program or sharing of helpline phone numbers.
- Communicate with staff ahead of time about the nature of the discussion and give them the opportunity to opt out at any time.
- Create a safe and supportive environment for the Ambassador when they are sharing their personal story. E.g. remove distractions such as food being served, music or other people talking.



Championing the R U OK? in Trucks & Sheds message



Connection Ideas



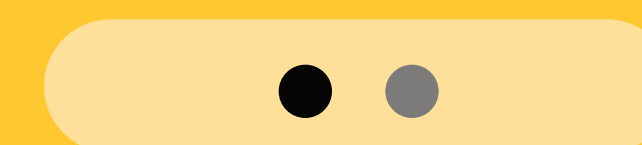
Event Checklist



R U OK?
Community Ambassadors



Merchandise





R U OK? Community Ambassadors

If you'd like to learn more about our Ambassador program or request a presentation by a Community Ambassador, please visit ruok.org.au/ambassadors

- Please allow a minimum of 4 weeks notice of your request for an Ambassador.
- As we have a small cohort of Ambassadors, we unfortunately will not be able to fulfil every request. In the event we cannot fulfil your request, there are resources available including a PowerPoint presentation deck and videos which can be used to share the R U OK? message.
- We ask that you reimburse Ambassadors for any out-of-pocket expenses they incur to speak at your workplace. E.g. travel costs.

To look after both speakers and audience members, we encourage you to reference [this detailed checklist](#) from the [Mental Health Coordinating Council](#).



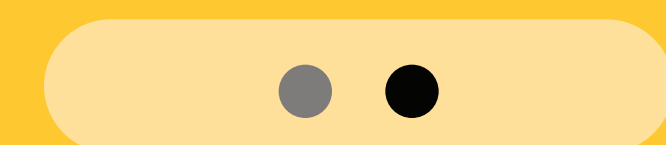
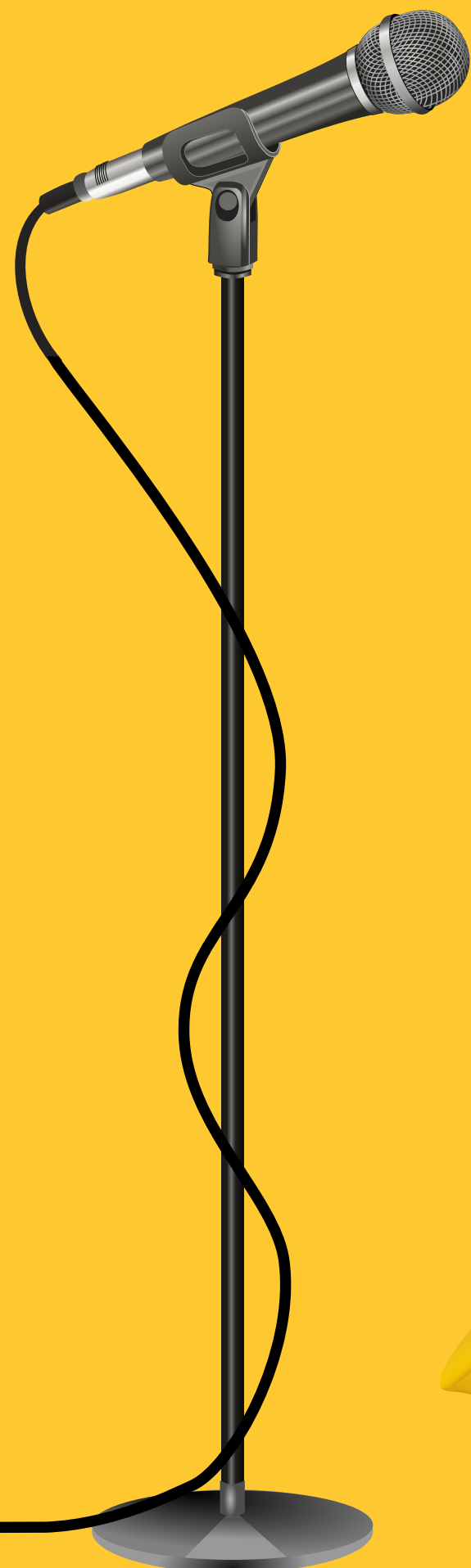
Lived-experience stories are also available as [downloadable resources](#) for you to play as part of your workplace events.



For more information on how to hold a safe and supportive event, visit ruok.org.au/duty-of-care



- Championing the R U OK? in Trucks & Sheds message
- Connection Ideas
- Event Checklist
- R U OK? Community Ambassadors**
- Merchandise





Merchandise

This year you can purchase R U OK? in Trucks & Sheds merchandise to help promote your event and encourage conversations.



Buy R U OK? in Trucks & Sheds merchandise

Alternatively, you can purchase R U OK? merchandise at store.ruok.org.au

Use code 'HHTS26' for a 10% discount.
 Code can only be used once per customer.

All orders are sent via Australia Post. Please order your merchandise early to avoid any possible delivery delays.

You can also download free posters and resources at healthyheads.org.au/ruok



Championing the R U OK? in Trucks & Sheds message



Connection Ideas



Event Checklist



RU OK? Community Ambassadors



Merchandise



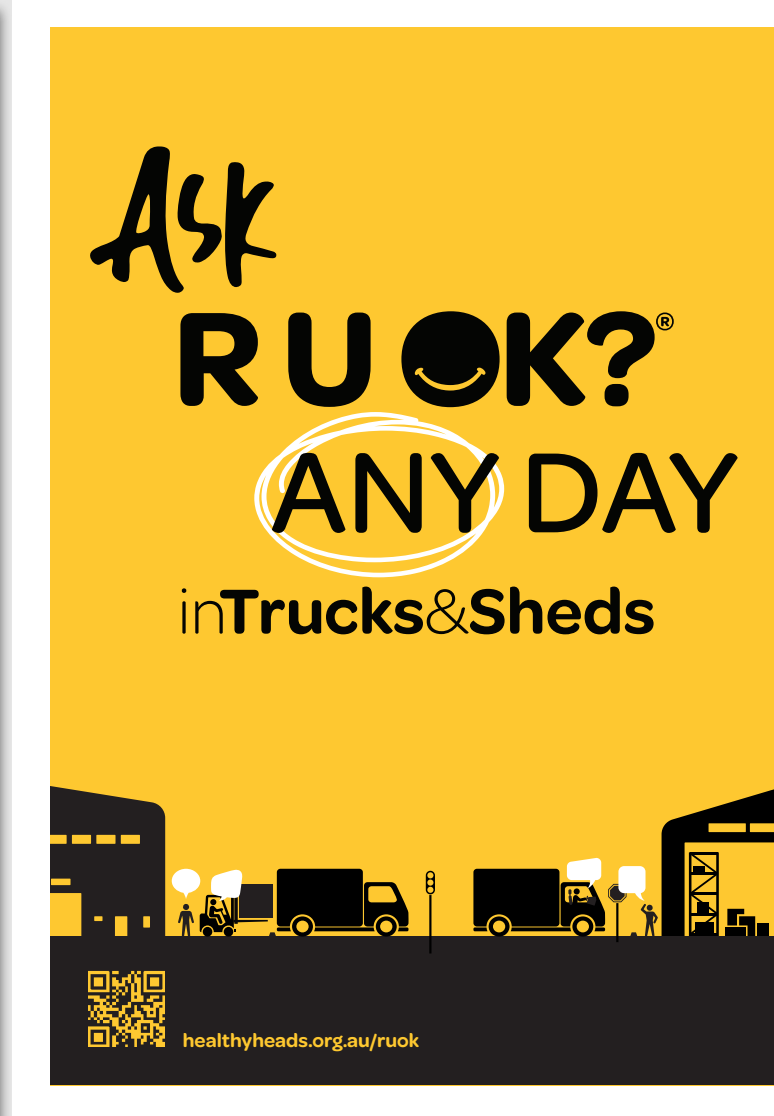


Free resources

To help share our 2026, **Ask R U OK? Any Day in Trucks & Sheds**, we've put together a range of downloadable resources.

Download these assets

- Conversation Guide
- Presentation slides
- Video and audio messages
- Social media tiles
- Posters
- Email signatures



- Free resources
- Real stories
- Message templates
- Share your efforts
- Year-round tips for champions

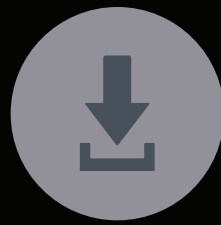


Real stories

We encourage you to share these personal stories that show the power and impact of R U OK? Conversations with your teams and through your own channels.



Download case studies



Free resources



Real stories



Message templates



Share your efforts



Year-round tips for champions

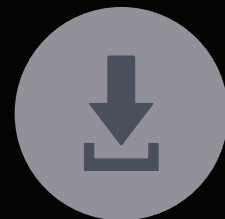




Message templates

Below are some suggested messages that you can use in your event invitations, email newsletters, social media posts and more.

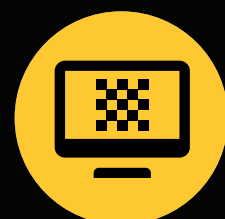
- **R U OK? in Trucks & Sheds** is calling on the road transport, warehousing, and logistics industries to Ask R U OK? Any Day, because regular, meaningful conversations can change lives.
- **R U OK? in Trucks & Sheds** is an industry-wide initiative that encourages individuals and organisations to come together, connect, share stories and learn how to have regular R U OK? Conversations.
- Every meaningful conversation helps build a safer and more supportive workplace culture.
- It's important to have regular R U OK? Conversations with the people you care about, any day of the year.
- That way you're providing opportunities for them to open up and share what's going on in their life.
- When they trust you and feel comfortable, they'll know they can talk to you when they need to. You can help them prevent little things from becoming big things.
- **R U OK? in Trucks & Sheds** is a reminder, but it's the actions we take regularly that truly make a difference.
- **Ask R U OK? Any Day in Trucks & Sheds**, because a conversation could change a life.



Free resources



Real stories



Message templates



Share your efforts



Year-round tips for champions



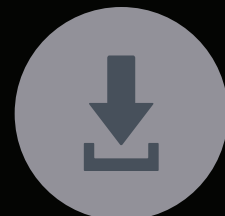


Share your efforts

We would love to see your event in action and hear how the day went. We encourage you to take photos or a video of your event (if it's appropriate to do so) and share with us your stories of connection.

Tag @ruokanyday and @healthyheadsau

If you have stories of impact that you want to share, please email them to info@healthyheads.org.au



Free resources



Real stories



Message templates



Share your efforts



Year-round tips for champions





Year-round tips for champions

Staying connected and supporting each other isn't just for one day of action. Fostering a year-round healthy work environment benefits business and everyone in the business.

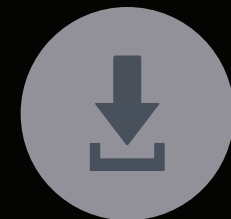
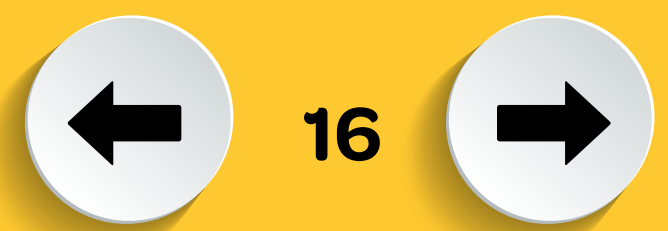
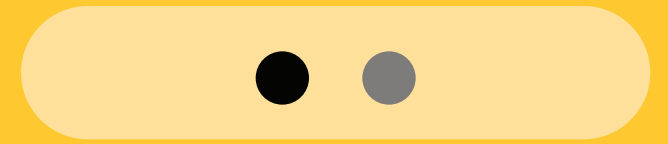


Leaders and champions play a particularly important role in setting the tone and supporting the mental health and wellbeing of staff. You can do this by encouraging regular meaningful conversations and building an R U OK? Culture in your organisation.



Top 10 tips to building an R U OK? Culture in Trucks & Sheds

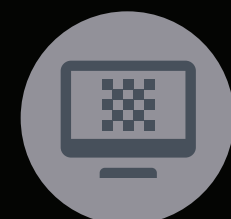
- 1** Communicate the R U OK? message year-round via your local communication channels (intranet, newsletter etc).
- 2** Set a standing agenda item in team meetings to discuss wellbeing matters. Utilise the Healthy Heads toolbox talks and during safety shares. Provide a space where employees can access their manager to talk about problems they may be having.
- 3** Sensitively share stories such as the R U OK? in Trucks & Sheds case studies that highlight how the organisation and individuals have been able to support each other.
- 4** Provide support services and referral options to staff all year round & regularly highlight the services available. Invite an EAP representative to talk to staff about what it offers and how to access the assistance.



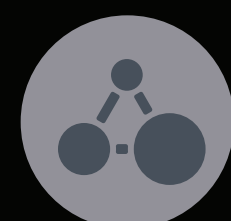
Free resources



Real stories



Message templates



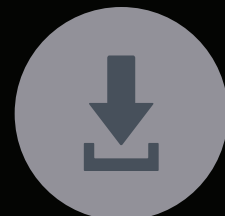
Share your efforts



Year-round tips for champions



- 5 Organise connection activities for staff members to get to know each other and encourage genuine conversations.
- 6 Recognise and reward the efforts of your team for the steps they take to build a more connected and supportive workplace culture.
- 7 Model healthy behaviours such as attending to your own self-care, having breaks, and taking leave.
- 8 Organise and encourage participation in mental health and wellbeing training. (List of training available on the [Healthy Heads in Trucks & Sheds website](#)).
- 9 Notice the signs and ask, 'are you OK?' if you think someone might be struggling.
- 10 Map out a calendar of activities, initiatives, and goals for the year to help you stay on track.



Free resources



Real stories



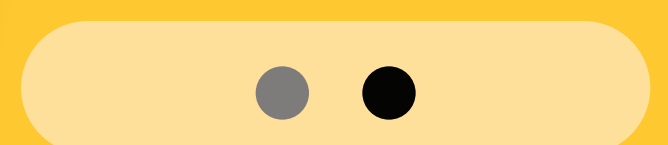
Message templates



Share your efforts



Year-round tips for champions



Support is available

If your life is in danger or you are concerned for your own or someone else's safety, please call 000.

If you're finding life tough or need some extra support, it can help to talk with someone you trust. You and your loved ones can also contact your local doctor or one of the services below for advice.

 **Support services**

Lifeline (24/7)

13 11 14
lifeline.org.au

Beyond Blue (24/7)

1300 224 636
beyondblue.org.au

Suicide Call Back Service (24/7)

1300 659 467
suicidecallbackservice.org.au

13 YARN (24/7)

13 92 76
13yarn.org.au
Support line for Aboriginal and Torres Strait Islander people

QLife (3pm-midnight)

1800 184 527
qlife.org.au
Anonymous, free LGBTIQ+ support

Kids Helpline (24/7, for youth 5-25)

1800 55 1800
kidshelpline.com.au

MensLine (24/7)

1300 78 99 78
mensline.org.au

More contacts

ruok.org.au/findhelp

For additional information on how to access Australia's most trusted mental health service providers, visit medicarementalhealth.gov.au

