

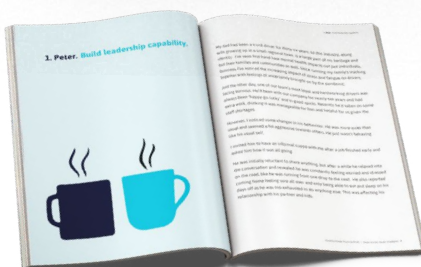
# Start your Workplace Wellbeing Plan here.



Healthy Heads has developed the Roadmap Planner to aid better understanding of psychological health and safety, and to assist businesses of all sizes in transport, warehousing, and logistics to establish a Workplace Wellbeing Plan to help meet their work health and safety (WHS) duty of care.

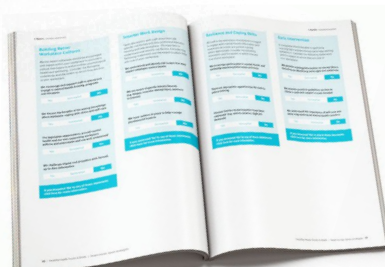
The Roadmap Planner is built upon the Seven Workplace Strategies outlined in the National Mental Health & Wellbeing Roadmap. By implementing these seven strategies, organisations can create their own Plan to protect and support their employees.

Recently, state and federal authorities have updated WHS regulations to include codes of practice for managing the risk of psychosocial hazards in the workplace. So if you do not yet have a plan in place everything you need is contained within the Healthy Heads Roadmap Planner.



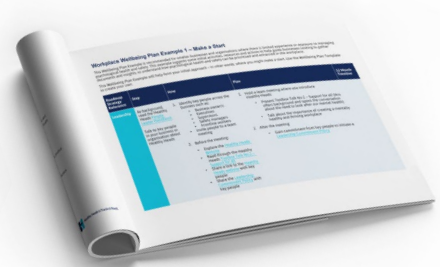
## Seven stories for seven workplace strategies.

Drawn from real-life experiences, the stories reveal the purpose of each strategy. They also show how simple changes can make a really big difference in the workplace.



## Self-check steps to help you plan.

Each story is followed by a series of statements to consider that help identify gaps in your current approach or understanding of a strategy. Links then take you to resources to help you fill these gaps and build your own plan.



## Learn from what others have done.

To inspire you, the Planner has example Workplace Wellbeing Plans. See how organisations of all sizes put the Seven Workplace Strategies into action.

[Download the Roadmap Planner](#)

For more information on Healthy Heads, visit [healthyheads.org.au](https://healthyheads.org.au)

Healthy Heads in Trucks & Sheds

