

Annual Review

2025 - 2026





Contents

Our Story	4
About Us	4
Message from the Chair & CEO	6
The Year in Focus	8
Moments that Defined 2025–2026	8
Where we Showed Up: On the Road, in Trucks & Sheds	10
Stories of Impact	12
Road Show: Conversations that Moved us	12
R U OK? in Trucks & Sheds: Voices from the Ground	14
How Ya Travellin’?: Stories from the Podcast	16
Fuel Crisis Response: Appreciation from Industry	18
Tools that Supported People	20
TWI Survey: Improving Workplaces	20
Nutrition Initiative: Supporting Healthier Food Choices	22
Healthy Heads Thrive Pilot: Sector-led Psychosocial Risk Management	24
Mental Health Training: Building Confidence through People	26
Connection and Community	28
Engagement: How we stayed Connected	28
Partners & Supporters: The People Behind the Work	30
Looking Ahead	32
What we’re Learning	32
Where we’re Going Next	33



Our Story

About Us

Healthy Heads in Trucks & Sheds (Healthy Heads) is a national not-for-profit foundation dedicated to supporting the mental health and physical wellbeing of people working across Australia's transport, warehousing and logistics industry.

Created by industry, for industry, Healthy Heads understands the unique pressures faced by the people who keep Australia's supply chains moving. Through practical programs, evidence-based resources, industry partnerships and workplace initiatives, we help organisations and individuals create safer, healthier and more supportive workplaces.

Healthy Heads combines research, lived experience and industry insights to help build a future where psychological health and safety are recognised as essential to a strong, resilient and sustainable transport and logistics industry.

Our Mission

The mission of Healthy Heads is to equip everyone in the transport and logistics industry with what they need to support their mental health and physical wellbeing, and to ensure these needs are recognised as being vital to support a thriving future-ready workforce.



Our Approach

Our approach includes educational programs, support resources, and industry-specific wellness initiatives. By providing these tailored tools and fostering a community of support, we aim to transform the sector into a healthier workplace for all, in which every individual can thrive.



Message from the Chair & CEO



The 2025–2026 financial year was a defining year for Healthy Heads. It marked a step-change in both the scale of our impact and the confidence placed in our organisation to lead meaningful change across Australia’s transport, warehousing and logistics industry.

In just a few years, Healthy Heads has grown from a bold vision into a trusted national organisation, working alongside government, industry leaders, researchers and community partners to improve mental health outcomes across the sector.



A defining milestone was securing a landmark \$5 million co-investment from the Australian Government and the Goodman Foundation. More than a funding commitment, this represents a powerful vote of confidence in Healthy Heads’ leadership, evidence-based approach and proven ability to deliver meaningful mental health outcomes for industry. It also reinforces growing recognition of the critical role Healthy Heads plays in improving the mental health and wellbeing of people working in Australia’s transport, warehousing and logistics industry.

Importantly, this investment will enable us to expand frontline mental health and suicide prevention initiatives over the coming years, ensuring more people can access practical initiatives where and when they need it most.

“

Our vision remains clear: an industry where every person feels supported to thrive, and where mental health is valued as highly as physical safety.



During the year, Healthy Heads also drove progress in building psychologically healthy workplaces. The launch of the Thriving Workplace Index, developed in partnership with SuperFriend, provides valuable insights into the psychological health and wellbeing of our industry. Alongside this, the Healthy Heads Thrive Pilot, delivered with AP Psychology & Consulting Services and Gallagher Bassett, is helping organisations to better identify and manage psychosocial risks through practical, evidence-based approaches.

Together, these initiatives reflect a broader shift across the industry. Psychological health and safety is increasingly being recognised as a fundamental component of workplace health and safety and Healthy Heads is proud to be helping shape this change by equipping organisations with the knowledge, confidence and practical tools to create healthier, safer workplaces.

At the same time, we continued to connect directly with the people at the heart of our industry. Our team travelled across the country hosting Road Show events, bringing practical support into workplaces and communities. The second season of *How Ya Travellin?* continued to share authentic conversations that challenge stigma and encourage help-seeking, while R U OK? in Trucks & Sheds once again united workplaces nationwide to start open conversations about mental health. Nutrition in Sheds continued to demonstrate how simple

changes to workplace environments can support healthier everyday choices.

None of this would have been possible without the extraordinary commitment of our Corporate Partners, supporters and collaborators. Together, we are demonstrating what can be achieved when industry comes together behind a shared purpose. Your partnership continues to expand our reach, strengthen our impact and help create lasting change for the people who keep Australia moving.

While we are proud of what has been achieved, we know there is still much more to do. Our vision remains unchanged: an industry where every person feels supported to thrive and where mental health is valued as highly as physical safety. With the continued support of government, industry and our partners, we look forward to building on this momentum and creating lasting change for future generations.

Thank you for being part of this journey.

Paul Graham, Chair

Naomi Frauenfelder, CEO

Moments That Defined 2025–2026

This was a year of growing momentum - from securing transformational investment that will expand our reach and strengthen our work for years to come, to meeting thousands of people across Australia through Road Show events, workplace visits and industry forums.

Some years are defined by milestones. Others are defined by the people you meet along the way. For Healthy Heads, 2025–2026 was shaped by both.

From securing a transformational investment that will expand our impact for years to come, to meeting thousands of people across Australia through Road Show events, workplace visits and industry forums, this was a year that reflected both the growing momentum behind Healthy Heads and the strength of the industry coming together to support mental health.

Throughout the year, we travelled across the country, meeting drivers, warehouse teams, operators, industry leaders, and policymakers where they work. Each conversation strengthened our understanding of the challenges facing the industry and reinforced why practical, industry-led support is so important.

Our Road Show vehicles courtesy of PACCAR Australia continued to create opportunities for meaningful connection. Kenny, our Kenworth prime mover, became a familiar sight at truck shows, industry events and workplace visits nationwide - from the NTI

Transporter Parade in Townsville and Lights on the Hill, to Bathurst 1000 and Truck Week, Kenny helped us engage thousands of people in conversations about mental health and wellbeing.

Truck Week itself was one of the defining moments of the year. Across Parliament House, Government House, TruckShowX, Ettamogah Rail Hub, service centre visits, and R U OK? in Trucks & Sheds workplace visits, we saw firsthand the growing commitment to mentally healthy workplaces – and the power of an industry united behind a shared purpose.

Collaboration was also central to the year. Through our Corporate Partner Event, Industry Forum and Parliamentary Friends of Road Transport, Warehousing and Logistics event, government, industry and partners came together to share ideas, build relationships, and continue to drive meaningful change.

Together, these moments reflect more than a successful year. They tell the story of an organisation growing in reach, influence and impact, and of an industry increasingly recognising that supporting mental health is not only the right thing to do, but essential to a safer, stronger and more sustainable future.



Naomi Frauenfelder and Ben Maguire AM pictured with Catherine King, Minister for Infrastructure, Transport, Regional Development and Local Government of Australia, and Glenn Sterle, Australian Labor Party Senator for Western Australia.



Where we Showed Up

On the Road, in Trucks & Sheds

One of the most important ways Healthy Heads supports the industry is by meeting people where they are. Over the past 12 months, this meant taking our Road Show vehicles across Australia, visiting workplaces, truck stops, events and community gatherings. We travelled thousands of kilometres, becoming a familiar presence and bringing mental health and wellbeing conversations directly to the people who need them most.





A key focus was connecting with Corporate Partners in their workplaces. These visits provided an opportunity to share practical wellbeing resources, raise awareness of support, and engage directly with people across the sector.

“

A consistent message emerged: there is a strong appetite for healthier, safer and more supportive workplaces, and increasing recognition of the value of open conversation about mental health.

Kenny also featured at major industry events, including the Casino, Brown and Hurley, and Colac Truck Shows. These gatherings brought together thousands of drivers, families, and industry supporters, providing a platform to share resources and highlight the importance of both physical and mental wellbeing.

We partnered with bp at locations nationwide to deliver free health checks for people working in our industry, improving access to preventative health care. Alongside these checks, participants accessed mental health resources and had open conversations about life on the road, including fatigue, isolation and time away from family.

Another standout moment was Crawlin' the Hume, where Kenny joined a convoy celebrating Australia's trucking heritage along the Old Hume Highway, connecting with a passionate community while reinforcing the importance of wellbeing for the industry's future.

One of the most significant stops was the Tarcutta Truck Changeover, where the Healthy Heads team engaged with drivers during their journey, sharing resources and having open conversations about life behind the wheel.

Across every stop, our team helped create moments of connection and practical support with conversations that strengthened relationships, built trust, and reminded people that support is always within reach.

Road Show

Conversations that Moved Us

Every Healthy Heads Road Show event begins with the same purpose: creating opportunities for meaningful conversations about mental health and wellbeing.

Through Road Show events, the Healthy Heads team connected with thousands of people across the industry. While each stop looked different, a clear theme emerged wherever we travelled: when given the opportunity, people want to talk. They want to share experiences, reflect on challenges, and learn about available support.

Many conversations reflected the realities of life in transport, warehousing and logistics, from long hours, isolation, and time away from family to the pressures of demanding roles. Others celebrated resilience, shared practical coping strategies and highlighted the importance of looking out for colleagues who may be struggling.

Health screenings also played a key role in opening dialogue. What often began as a quick check-in frequently led to broader discussions about physical health and mental wellbeing, and in some cases encouraged people to take the first step toward further support.



Having these services available on site made it more convenient for team members to engage, especially those who may not normally seek support.

- Road Show attendee

One of the strongest messages to emerge throughout the year was the value of simple human connection. Whether over a coffee or while waiting for a health screening, people paused, shared their stories and listened to one another. These moments served as a powerful reminder that honest conversations can reduce isolation, build connection and remind people they are not alone.



It gave a few of the team members a chance to speak about things they were going through...

- Road Show attendee

Ultimately, Road Show events demonstrate that meaningful conversations do not need to be complex. Sometimes it is as simple as asking, “How are you really going?” and taking the time to listen.

As the Healthy Heads team continues to travel the country, the success of every Road Show event will not be measured by the number of attendees reached, but by the conversations started, the connections made and the individuals who leave knowing they have been heard, supported and are not alone.



Road Show impact to date

156

Road Show
events delivered

1,254

Health checks
completed

9,718

People reached

R U OK? In Trucks & Sheds

Voices from the Ground

Every year, R U OK? in Trucks & Sheds brings the transport, warehousing and logistics industry together around a simple but powerful message: a conversation can change a life.



In 2026, that message was brought to life through the stories of Bruce, Sally-ann and Phil, who each shared their personal experiences to highlight the importance of checking in, speaking up, and seeking support when needed. While each story was different, all reinforced a shared theme: meaningful conversations can change lives.

“

My advice is simple: be brave enough to ask. Ask a mate, a colleague, or a family member, ‘are you OK?’. Really listen and follow up.

- Bruce

Bruce spoke openly about living with depression and post-traumatic stress disorder (PTSD), sharing how both receiving support and supporting others became central to his recovery. His story was a powerful reminder that a simple check-in can change someone’s direction.

“

Get to know your people. Show vulnerability as a leader, so staff know it’s OK not to be 100 per cent.

- Sally-ann

For Sally-ann, the conversation centred on grief. She shared the impact of losing her father, Darrell, to suicide shortly after launching her business, highlighting why workplaces need to

create environments where mental health is openly discussed and support is available long before someone reaches crisis point.

“

Strength isn't staying silent and pushing through the pain, it's having the courage to speak up, face it head-on, and fight your way back.

- Phil

Phil reflected on experiencing severe depression during a major career transition and how a conversation with a trusted mate became the turning point that gave him the confidence to seek professional support.

Collectively, these stories sparked conversations across the country. Their stories resonated with employees and leaders who saw their own experiences

reflected, helping to normalise speaking openly and asking for support.

On R U OK? in Trucks & Sheds National Day of Action, workplaces across Australia took part in conversations in depots, warehouses, lunchrooms, workshops and on the road. At the centre of this were our Company Champions, volunteers across the industry who helped lead conversations, encourage participation and create opportunities for connection in their workplaces. Supported by resources from Healthy Heads, these Champions played a key role in helping create workplaces where checking in became a visible and valued part of everyday culture.

While the National Day of Action provides an important focus, its impact extends well beyond a single day. The stories shared throughout the campaign continue to encourage people to speak openly, listen without judgement and check in with one another throughout the year. In doing so, they are helping create workplaces where honest conversations about mental health become part of everyday culture.

322
Company
Champions



140
businesses
engaged

How Ya Travellin'?

Stories from the Podcast

By creating space for honest, authentic conversations, *How Ya Travellin'? Season 2* continued to challenge stigma and encourage help-seeking across Australia's transport, warehousing and logistics industry.

Hosted by Shane Jacobson, the podcast brought together a diverse range of guests to share real stories and lived experiences, speaking openly about topics often left unspoken, including burnout, mental health, workplace culture, grief, resilience and the importance of seeking support.

The season also delivered some of the strongest engagement in the podcast's history, with January 2026 ranking as the second-highest month ever for downloads and listeners, and February 2026 ranking

third overall. These results reflected the growing appetite for authentic conversations within the industry and reinforced the important role storytelling plays in reducing stigma, encouraging help-seeking and building connection.

Across every episode, one message remained consistent: sharing our stories builds connection, reduces stigma and reminds people they do not have to face life's challenges alone.





Most Visited Page

The Healthy Heads podcast page was our website's most visited page in 2026.



How Ya Travellin'?

Healthy Heads in Trucks & Sheds

★ 4.8 (5) · Mental Health

A podcast from Healthy Heads in Trucks & Sheds to support the me MORE

▶ Latest Episode

Fuel Crisis Response

Appreciation from Industry

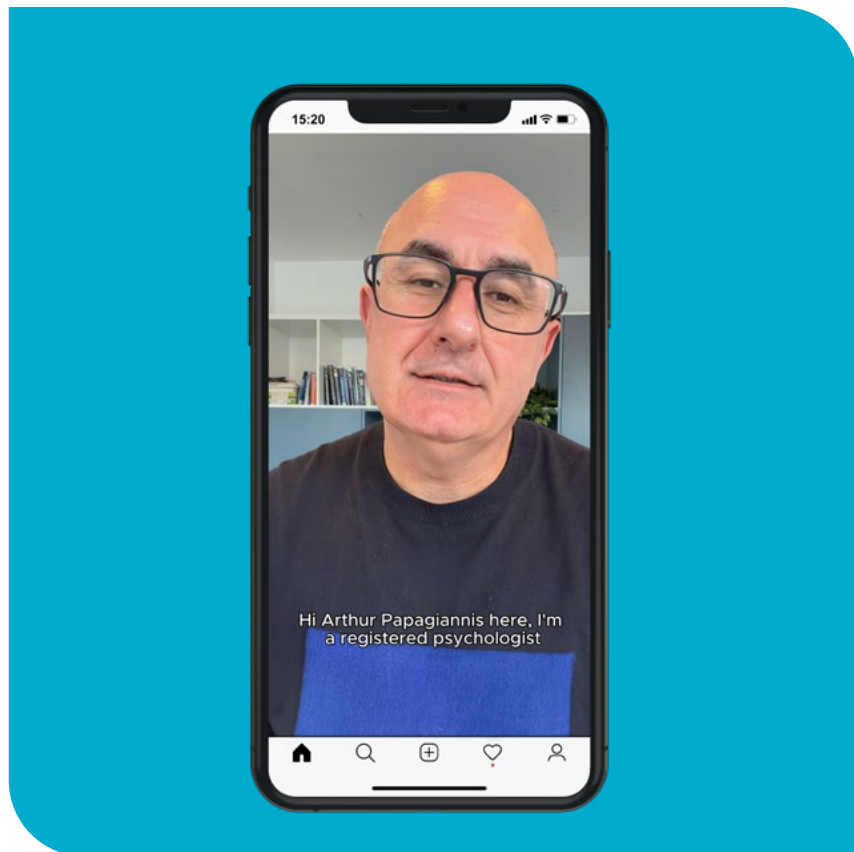
As fuel prices surged across Australia, the impacts were felt well beyond rising operating costs. Drivers, owner-operators and transport businesses faced increasing financial pressure and uncertainty, adding to the mental strain already experienced by many working across the industry.

Episode 14

HOW YA
Travellin'?

Under the Pump





Heather's message of advice reached a national audience, earning coverage across major media outlets including Sky News Australia, Yahoo News Australia and Nine News.

Healthy Heads responded quickly by creating a single point of access for practical support, bringing together trusted mental health, financial wellbeing and crisis resources to help people navigate this challenging period.

The response also included a special fuel crisis episode of the *How Ya Travellin?* podcast, hosted by Healthy Heads Ambassador Shane Jacobson. The episode brought together Western Australian truck driver Heather Jones and psychologist Arthur Papagiannis to explore the real-world and emotional impacts of the crisis. Their conversation highlighted both lived experience from the road and the mental load of financial stress, reinforcing the importance of staying connected and seeking support early.

This was complemented by a series of videos featuring Shane, Heather, and Arthur shared across Healthy Heads' digital platforms. Together, they provided practical advice, reassurance, and timely reminders that support was available, bringing trusted voices to the conversation during a period of uncertainty.

The response from industry was overwhelmingly positive. Drivers, owner-operators, small business owners and industry stakeholders welcomed the timely support, highlighting the value of having practical resources available when they were needed most. The initiative reinforced Healthy Heads' role as a trusted and responsive source of support when industry needs it most.

TWI Survey

Improving Workplaces

Every day, thousands of people across Australia's transport, warehousing and logistics industry keep goods moving and communities connected while managing long hours, tight deadlines, shift work and operational pressure. Behind every truck, warehouse, depot and office is a person with their own experiences, challenges and wellbeing needs.

This year, Healthy Heads partnered with SuperFriend to deliver the Thriving Workplace Index (TWI), creating an opportunity for people across the industry to share their experiences and help shape the future of mental health and wellbeing support.

The survey was built on a simple principle: those closest to the work are best placed to describe what is really happening in their workplaces. Drivers, warehouse team members, operational employees, and leaders all contributed insights into the realities of working in the sector today.

The independent TWI survey provided a safe and confidential way for people to share their experiences, ensuring the findings reflected genuine perspectives from across the industry.

While the findings will help shape future action, the true value of the TWI lies in the voices behind the data. Each response represents someone taking the time to

share their lived experience in the hope of improving workplaces for others.

These insights will help Healthy Heads better understand workforce experiences, emerging trends and key areas of strength and opportunity, informing future programs, resources and initiatives across the sector.

The success of the survey was supported by organisations and individuals across the industry who encouraged participation and helped broaden engagement across teams and networks.

As insights continue to emerge, they will help shape Healthy Heads' future programs, resources and advocacy, ensuring our work remains informed by the experiences of the people and workplaces we exist to support.



Nutrition Initiative

Supporting Healthier Food Choices

For many people working in our sector, making healthy food choices is not always straightforward. Long hours, shift work, limited access to nutritious options, and time pressures often mean convenience becomes the default.

The Nutrition in Sheds Pilot Program explored a simple question: what happens when healthier choices become the easiest choices?

Delivered by Healthy Heads in partnership with Charter Hall and Morsl, the initiative tested whether small changes to workplace food environments could support healthier everyday decisions.

Rather than removing options or restricting choice, the pilot focused on making healthier options easier to identify. A simple badge system helped people quickly recognise healthier food and drink choices at the point of purchase.

The approach was based on the principle that when people are busy, healthy choices should be easy choices.

The results demonstrated the impact of this shift. Across participating sites, sales of healthier food and drink options increased significantly. Healthier beverage purchases rose by 42 per cent, while zero and low-sugar drinks more than doubled, achieved without changing pricing or product availability.

These results highlight how small environmental changes can influence everyday behaviour. Choosing water over a

sugary drink or a healthier snack during a shift may seem minor, but over time these decisions contribute to improved wellbeing.

The pilot also reinforced the role workplaces play in shaping health outcomes. The environments where people work, eat, and take breaks can either support or limit healthier habits. By making simple adjustments, organisations can help create conditions that make better choices easier without adding complexity.

Strong collaboration across industry was central to the program's success, with workplace partners and Morsl helping to implement and measure the initiative in real-world settings.

Building on these outcomes, Healthy Heads is now supporting the national rollout of the Nutrition in Sheds program alongside the development of industry-specific Nutrition Guidelines for the transport, warehousing and logistics workforce. Together, these initiatives aim to make healthier choices more accessible and achievable. In an industry where alertness, energy and decision-making are critical, supporting better nutrition has the potential to improve not only individual wellbeing, but also create safer and more productive workplaces.

Additionally, Healthy Heads continues to support healthier eating across the transport industry through its partnership with bp and the National Nutrition Foundation to deliver the Healthier Choices Menu. Available at participating bp locations across Australia, the menu features meals that meet evidence-based nutritional criteria and are identified as green under the nationally recognised traffic

light classification system, making it easier for drivers and other App users to choose healthier options while on the road. The program continues to gain momentum, with more than 75,000 healthier meals now purchased from the menu, demonstrating sustained demand for accessible, nutritious food choices for Australia's transport workforce and reinforcing the importance of making healthy options readily available where drivers work and travel.

15%

increase in overall sales of healthier food & drinks



42%

increase in sales of healthier beverages



75,000

healthier meals purchased



2x+

sales of zero & low-sugar drinks

Healthy Heads Thrive Pilot

Sector-led Psychosocial Risk Management

Across Australia, workplace mental health is moving beyond awareness towards prevention, with increasing focus on identifying, managing and preventing psychosocial risks as part of core work health and safety responsibilities.

In transport, warehousing, and logistics, many psychosocial risks are embedded in daily operations. Long hours, tight deadlines, working alone and a push through culture are common features that, while normalised, can create foreseeable risks to psychological health and safety if not properly managed.

Preventing psychological harm requires more than individual resilience. It requires systems, leadership, and practical tools that embed psychological health and safety into how work is designed, organised and managed.

Healthy Heads Thrive was developed to help organisations respond to this challenge.

Launched in partnership with AP Psychology & Consulting Services and Gallagher Bassett, the pilot supports organisations to identify, assess and control psychosocial hazards across their operations. It provides a structured approach that helps businesses meet their work health and safety obligations while strengthening prevention of psychological harm.

The program focuses on early identification of risk and practical controls that reduce exposure before issues escalate, recognising that psychological health and safety is

shaped by systems of work, workplace design and operational practices.

Participating organisations are supported to identify hazards, assess risk and implement practical controls that improve both safety and wellbeing outcomes.

The initiative has been introduced at a time when psychological injury claims are rising across Australian workplaces, increasing pressure on compensation systems while affecting productivity, workforce participation and time away from work.

Importantly, Healthy Heads Thrive is a preventative model, designed to embed upstream risk identification and control in line with best-practice work health and safety principles.

Healthy Heads Thrive reflects a significant shift in workplace health and safety, where persons conducting a business or undertaking (PCBUs) are required to manage psychosocial hazards in the same way as physical risks. By building capability today, the program is helping organisations meet these obligations proactively, strengthening compliance, improving organisational resilience and supporting better outcomes for their people.

8

businesses
participating
in pilot



12%

of serious claims
are psychological
injuries



4x+

more costly than
physical injuries
lasting 35.7 weeks on average



Mental Health Training

Building Confidence through People

Sometimes the most important conversation is the one someone almost didn't have.

Whether it's a manager noticing a change in a team member, a colleague recognising someone is struggling, or a simple check-in that opens the door to support, these moments depend on people having the confidence to respond.

“

I enjoyed the way the trainer presented all of the content. I left feeling more certain and confident. The group activities were low pressure which suits my learning style well.

- Training participant

Throughout the year, Healthy Heads partnered with Lifeline Australia and Black Dog Institute to deliver evidence-based mental health training that equipped people across the transport, warehousing and logistics industry with the confidence to recognise signs of distress, have supportive conversations and connect others with appropriate support.

The training also strengthened understanding of psychosocial risks and helped organisations build mentally healthier workplaces where people feel safe to speak up, seek support and look out for one another.

“

I have confidence to have the conversation and what steps to take when someone is ready to open up: listen, refer, check in.

- Training participant

By investing in people, Healthy Heads is helping build the confidence, capability and leadership needed to create safer, mentally healthier workplaces across the industry.

“

My key takeaway is now knowing the number of different referral companies/organisations.

- Training participant



Engagement

How we Stayed Connected

Meaningful change starts with meaningful conversations.

Throughout the year, Healthy Heads connected with people across the industry through events, face-to-face engagement, digital platforms, and industry media. Every interaction was an opportunity to share practical support, increase awareness and encourage conversations about mental health and wellbeing.

Through social media, the Healthy Heads website and the Healthy Heads App, people accessed trusted resources, real stories and practical wellbeing information whenever and wherever they needed it. Industry media, including Owner Driver, Truckin' Life and

RoadBoss, also helped extend the reach of these conversations across the sector.

Healthy Heads maintained an active presence at industry events, forums, and conferences, providing valuable opportunities to connect directly with people working in the industry, listen to their experiences and better understand the challenges they face.

Whether online or in person, every interaction helped strengthen relationships, build trust and ensure people knew where to turn when they needed support.



27,000+

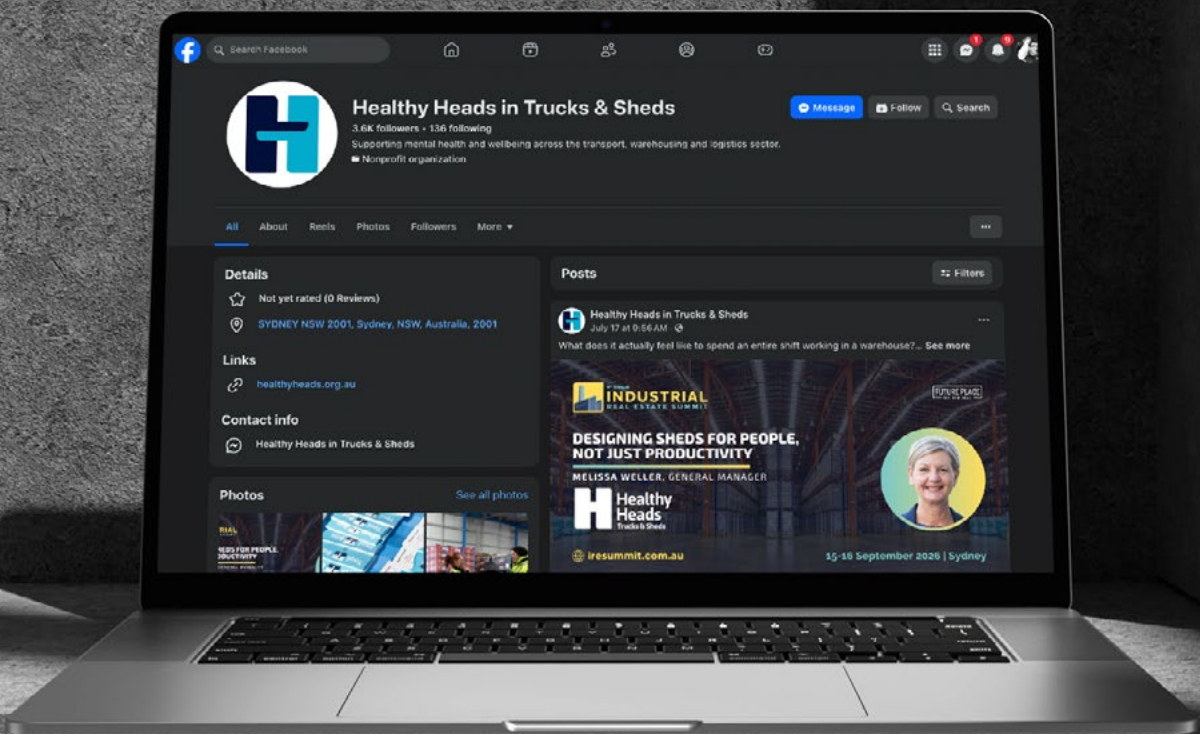
Healthy Heads
App downloads



Available on the
App Store



GET IT ON
Google Play



Partners & Supporters

The People Behind the Work

No single organisation can create meaningful change across an entire industry alone.



The progress achieved by Healthy Heads this year has been made possible through the support, collaboration and commitment of our Corporate Partners, supporters, industry associations and many individuals who share our vision for a mentally healthy transport, warehousing and logistics industry.

Behind every initiative, resource, event and program is a network of organisations contributing funding, expertise, advocacy and practical support. Throughout the year, partners hosted Road Show events, participated in research and pilot programs, shared specialist knowledge and helped ensure our work remained practical, evidence-based and relevant to the needs of industry. Their support also extends

the reach of Healthy Heads, helping more workplaces, communities and people across Australia access practical mental health and wellbeing support.

These partnerships are built on a shared belief that the people who keep Australia's supply chains moving deserve safe, healthy and supportive workplaces. Together, we are creating lasting change across the industry.

To every organisation and individual who supported Healthy Heads throughout the year, thank you. Your commitment is helping create lasting change for the people and workplaces we exist to support.

What we're Learning

Every conversation, workplace visit, survey response, training session, and industry event this year has reinforced a clear message: the transport, warehousing, and logistics sector is ready to move beyond awareness and into action.



Across the industry, mental health and wellbeing are becoming more openly discussed, with growing recognition that early conversations, supportive leadership and psychologically safe workplaces are essential to keeping people well.

We are also seeing a shift in what industry is asking for. Organisations want practical, evidence-based solutions that can be embedded into everyday operations, helping leaders identify psychosocial risks, strengthen workplace culture and support their people with confidence.

Perhaps most importantly, we continue to see the power of authentic stories and genuine connection. Whether through Road Show events, training, podcasts or workplace visits, people respond to real experiences shared by those who understand the realities of the industry.

The challenges facing the sector remain significant, but the momentum is clear. Industry is increasingly committed to creating workplaces where mental health is recognised as an essential part of safety, and Healthy Heads is proud to support that journey.

Where we're Going Next

The year ahead will see Healthy Heads build on the momentum of 2025–2026, expanding our reach, deepening our impact and continuing to support a healthier, safer and more resilient transport, warehousing and logistics industry.



Governor-General of the Commonwealth of Australia, Sam Mostyn AC

We will continue listening to industry through the Thriving Workplace Index, Road Show events, workplace visits, training and ongoing engagement, ensuring our programs and resources remain practical, relevant and informed by the experiences of the people we serve.

Our focus will be on expanding proven initiatives, strengthening industry capability and equipping workplaces with practical tools to create mentally healthy environments and effectively manage psychosocial risks.

We will also continue to bring people together through partnerships, industry collaboration, research, and storytelling, recognising that meaningful change happens when organisations, leaders and people across the industry share knowledge, learn from one another and work towards common goals.

Most importantly, Healthy Heads will remain visible and connected to the industry. Whether in depots, warehouses, workplaces, on the road or at industry events, we will continue meeting people where they are and ensuring support is accessible when and where it is needed.

Supported by our Corporate Partners, the Australian Government, the Goodman Foundation and the broader industry, Healthy Heads is entering an exciting new chapter of growth and impact. Together with our partners, supporters and the broader industry, we look forward to continuing this journey by creating workplaces where every person has the opportunity to thrive and helping shape an industry where mental health is valued as highly as physical safety.



Partners and Supporters

We are committed to building strong, mutually beneficial partnerships with organisations that share our dedication to making a meaningful impact on the lives of those working in road transport, warehousing, and logistics. With us, they're working to improve mental health and wellbeing outcomes through their ongoing contributions to our industry-for-industry initiative.

Founding Partners

Driven by a common goal to improve industry outcomes relating to mental health and wellbeing, the Founding Partners of Healthy Heads in Trucks & Sheds had the foresight and vision to lead the establishment of the foundation. Today, they continue to drive strategy and guide our program of work.



Foundation Partners

Foundation Partners are industry leaders who recognised the importance of Healthy Heads in Trucks & Sheds early and made a significant commitment to our mission. Their leadership, confidence and investment have helped shape our organisation and continue to enable lasting improvements to mental health and wellbeing across the sector.



Corporate Partners

Principal

AP Psychology & Consulting Services
Colin Biggers & Paisley Lawyers
Goodman Foundation
L.E.K Consulting
Stockland

Premier

Ampol
BlueScope
Centurion
Charter Hall
ESR
Geotab
GPT Group
GT Insurance
Labourforce Group
Linde Material Handling
Pickles
Salta
Toyota Material Handling
Viva/Liberty
Volvo

Alliance

AEI
Americold
Booth Transport
CEVA Logistics
CHEP
Dexus
Directed Technologies

Growth Point Properties Australia
HMIA
JOST
Lendlease
Lindsay Australia
MT Data
Multispares Truck Parts
PFD Food Services
Prime Creative Media
Roadmaster
Seeing Machines
Team Global Express
TMX
Truck Tech
Vawdrey Semi Trailers
Visy Logistics
Victorian Truck Moves
WHG
Zurich

Supporter

Airtec Corporation
ATT Logistics
AutoSense
Beumer Group
Bustle
CBRE
City
Centuria
CRL Express
Eather Group
FTI Group
Goldstar Transport

Gulf Western Oil
Haulmax Tyres
HPS Transport
K&S Corporation Limited
Loadmass
Metcash
Mondiale VGL
Morgan Transport Group
Morsl
Ofload
Provender
RiskPro
Sweepers Australia
WFR

Industry

Australian Logistics Council
Australasian Supply Chain & Logistics Association
Heavy Vehicle Industry Australia
Transport Women Australia

Healthy Heads recognises and appreciates the support of all Partners and our supporters.

We look forward to continuing to build strong and lasting relationships as we work together for the common cause of improving both mental health and physical wellbeing across our sector.





healthyheads.org.au