



Support



for all.

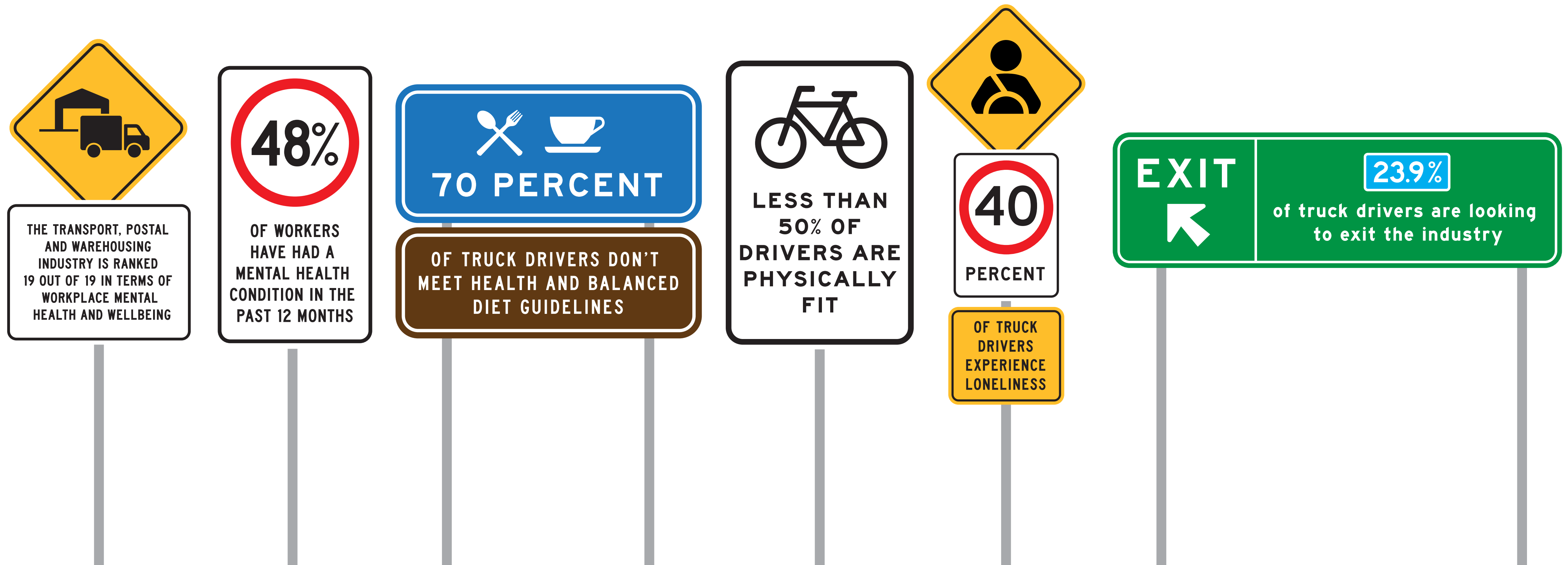


Healthy Heads in Trucks & Sheds is about helping your workplace be a healthy and thriving workplace.

- Improving physical and mental health
- Training more on mental health
- Improving industry standards to reduce stress



The need is real.



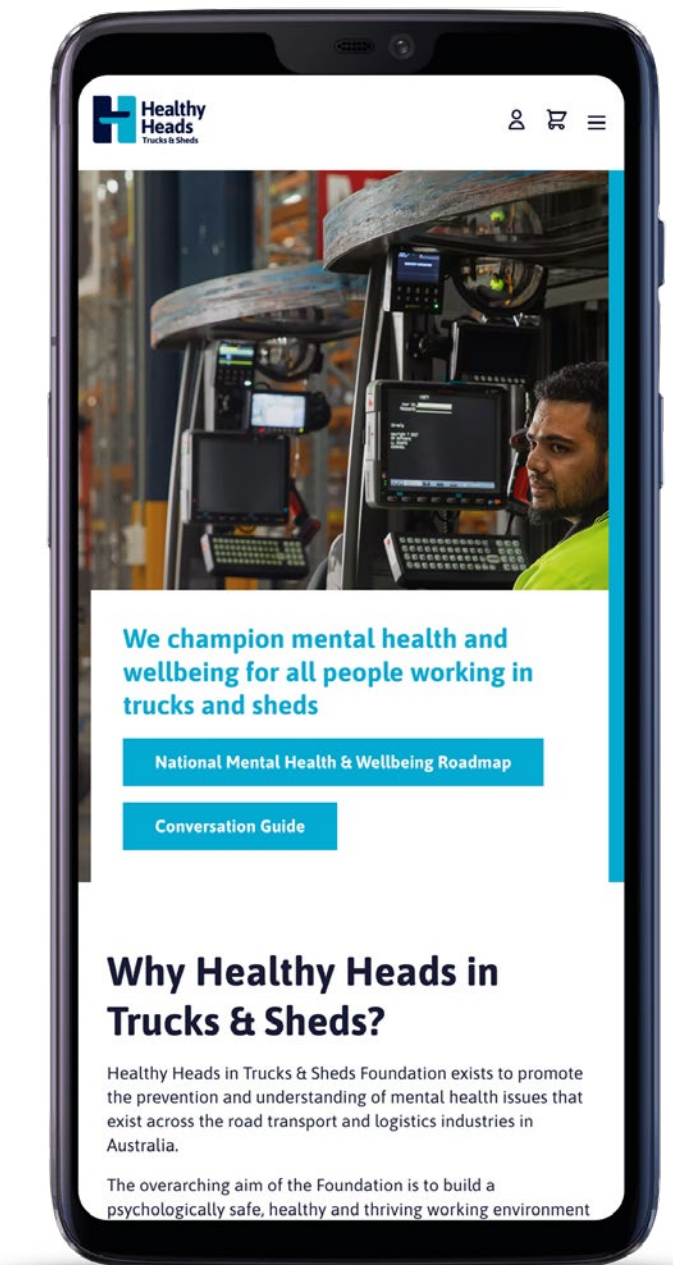
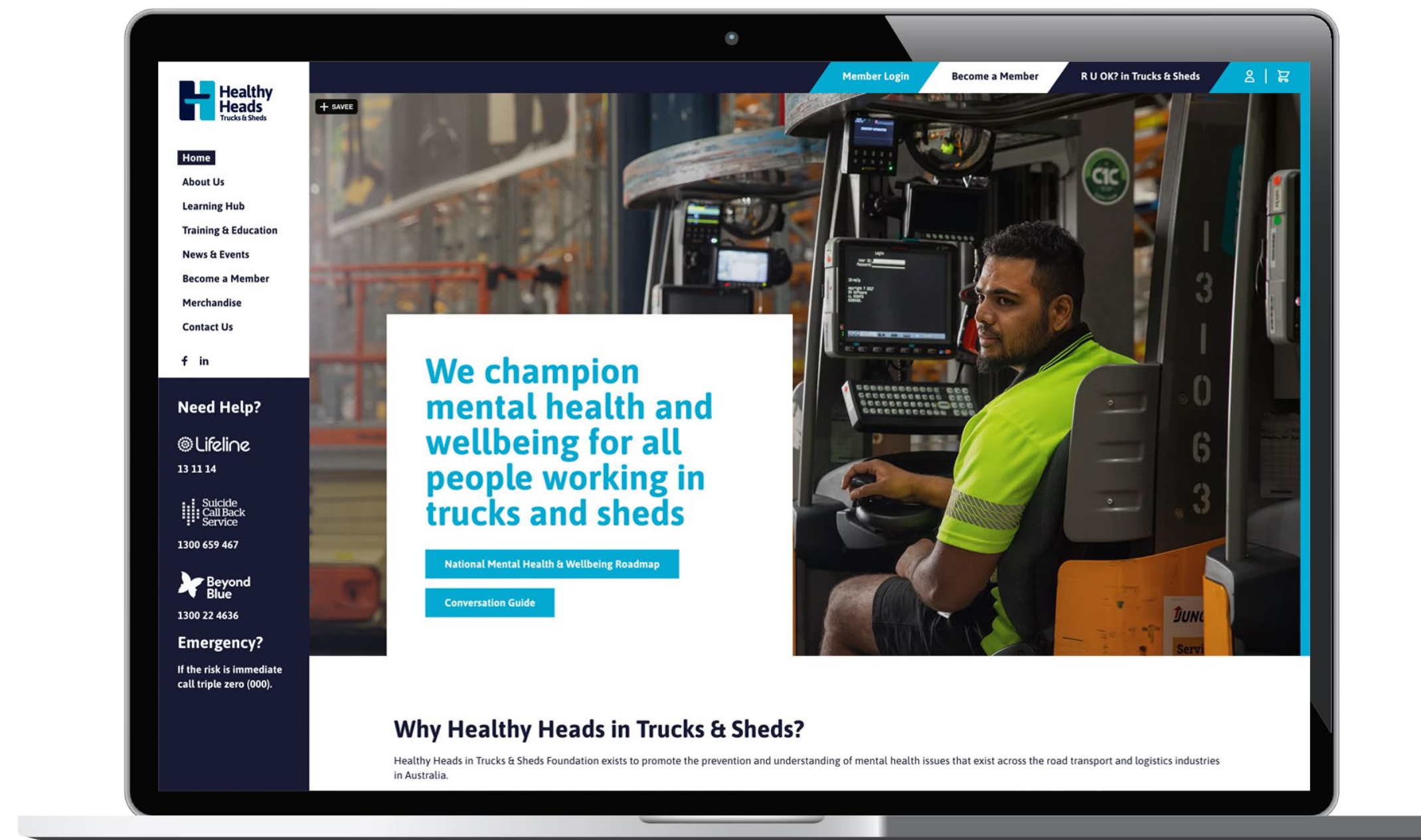


We need to look after our mental health the same way we do our physical health.

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

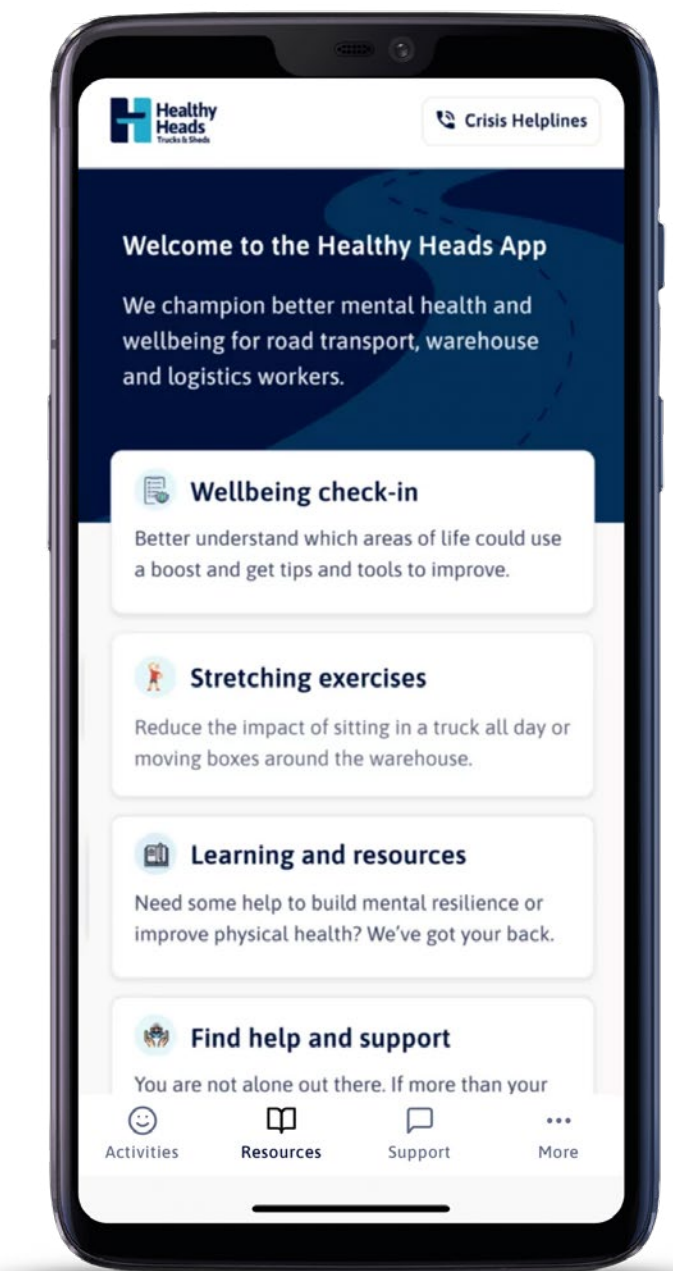
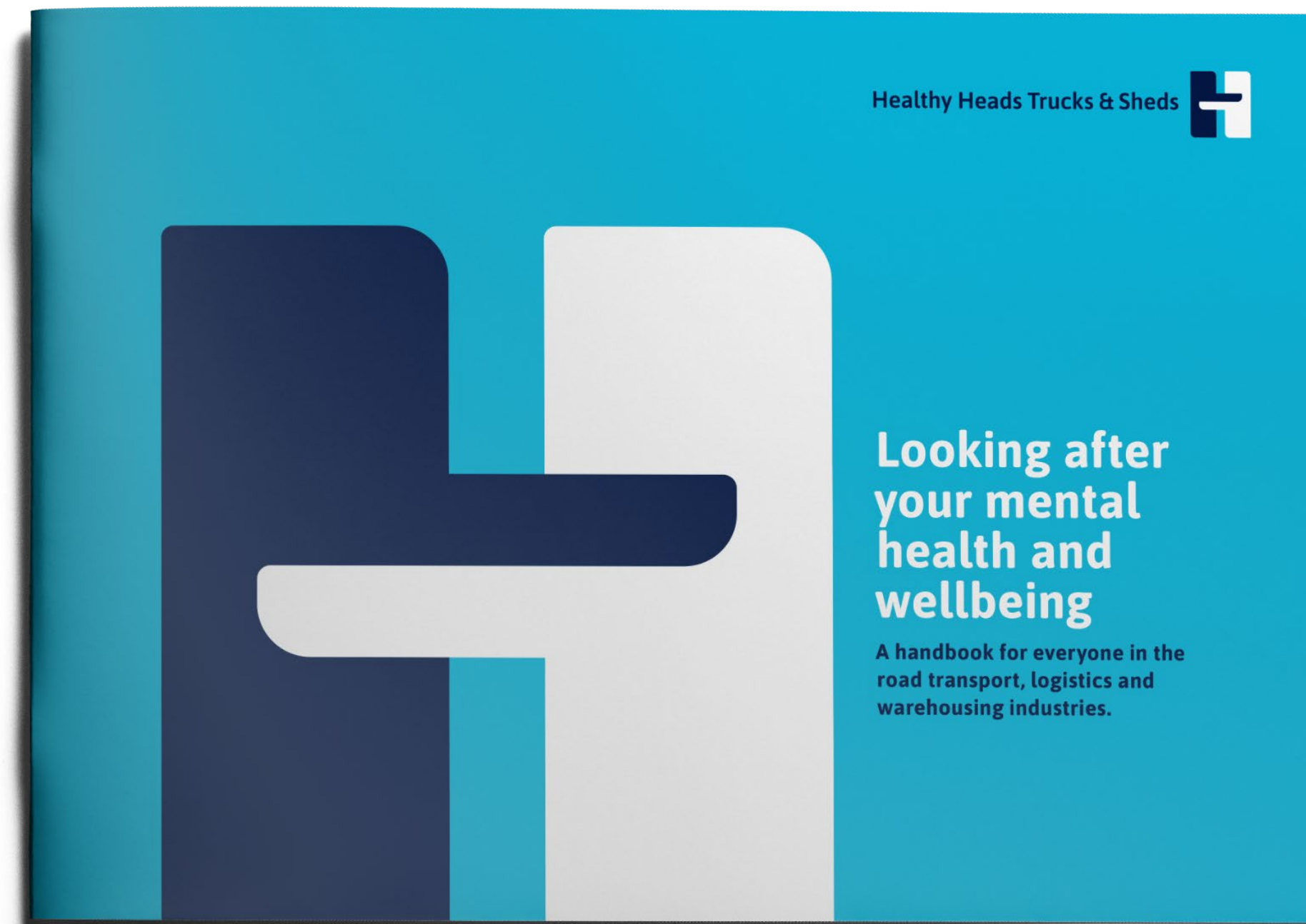
Support online.

- healthyheads.org.au
- Learning Hub.
- Online training.



Support on hand.

- Download the healthyheads app for tips and tools.
- Ask your manager about Workforce Handbooks.



Join the cause that supports you. Become a member.

- It's free at **healthyheads.org.au**
- The more who join the better we all become

