



Tool box 1.

The transport, postal and warehousing industry is ranked 19 out of 19 in terms of workplace mental health and wellbeing.

Healthy Heads in Trucks & Sheds is about changing these outcomes. The website and App have heaps of stuff about looking after our mental health and wellbeing, as well as tips to help us support others.

For information and resources download the Healthy Heads App or go to healthyheads.org.au