



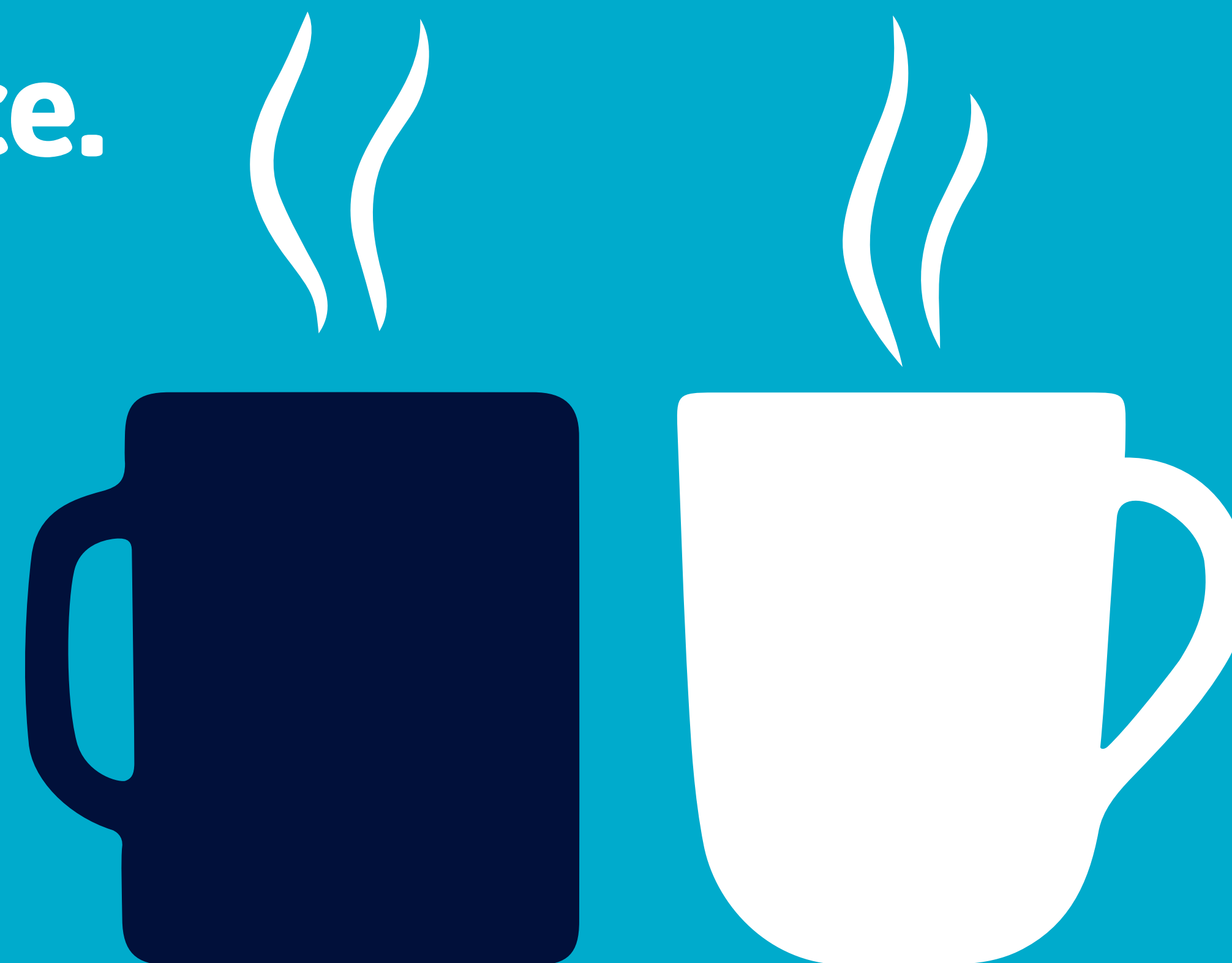
Sharing

the load.

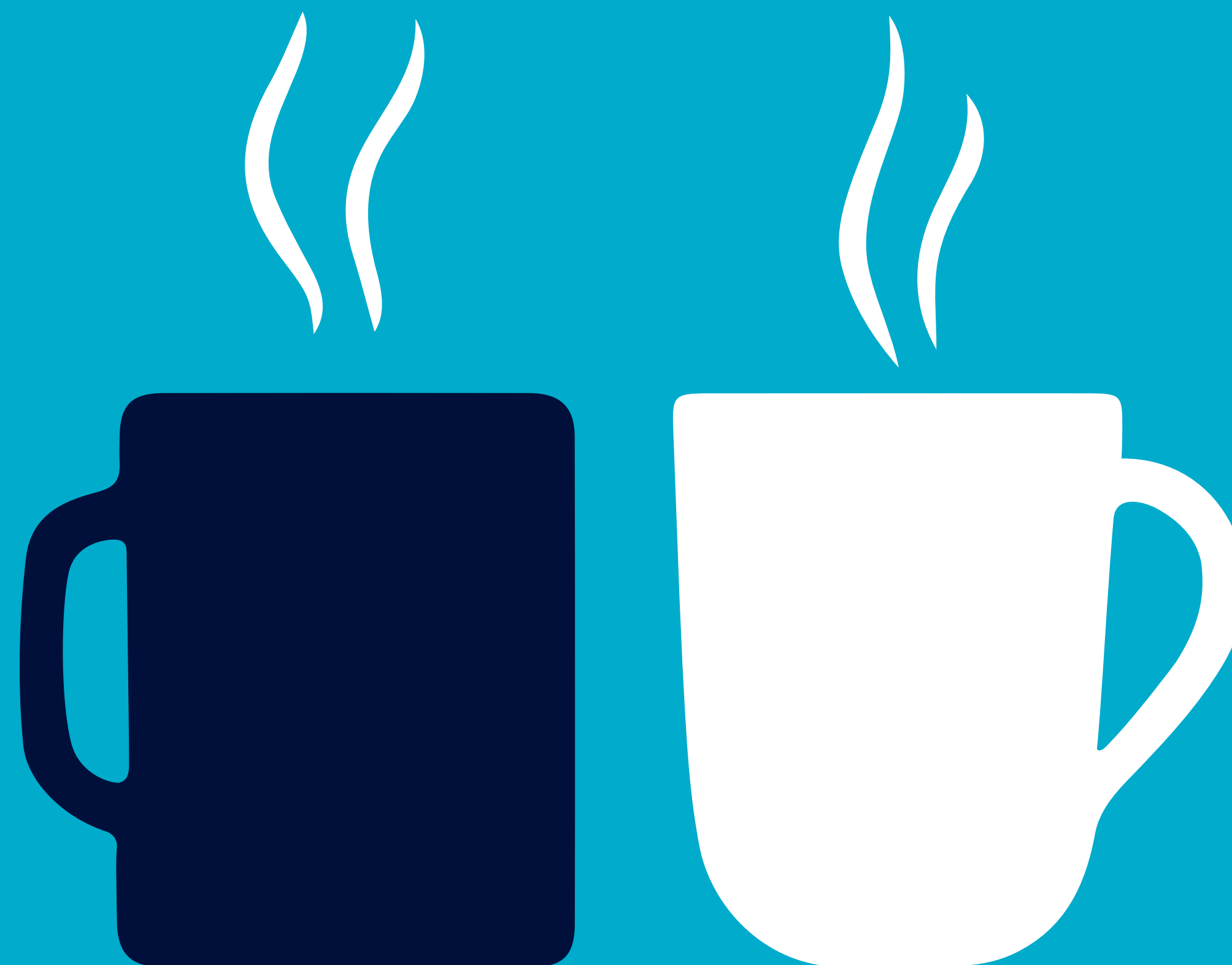
Healthy Heads in Trucks & Sheds is about helping your workplace be a healthy and thriving workplace.

- Being aware
- Being there for one another

**A cuppa and a chat
can make a difference.**



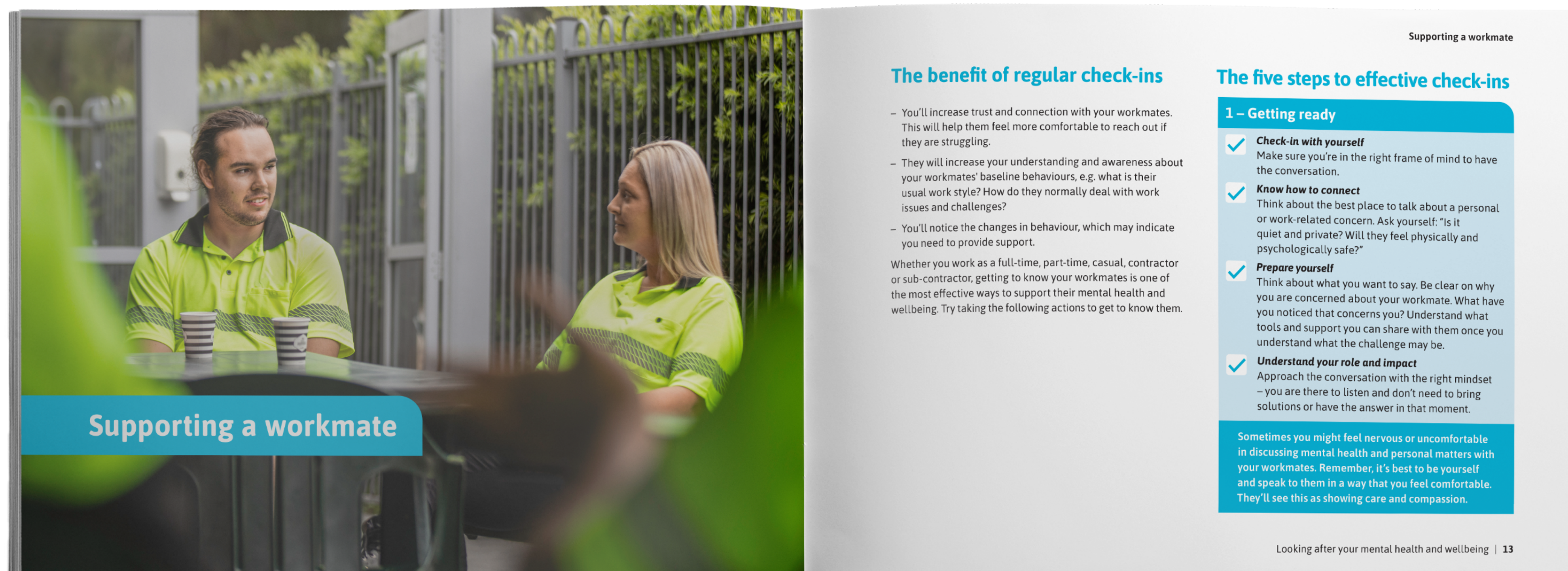
**It's about gaining
perspective.**



You don't have to have the answers. Just where to get expert support.

- **Lifeline** 13 11 14
- **Lifeline Text** 0477 13 11 14
- **Beyond Blue** 1300 224 636
- **Mensline** 1300 789 978
- **R U OK?** hello@ruok.org.au

A five step plan for check-ins.



Support online and on hand.

- healthyheads.org.au
- Learning Hub.
- Healthy Heads App.
- Workforce Handbook.

