



WHO?

Healthy Heads in Trucks & Sheds (Healthy Heads) is a national not-for-profit organisation that aims to address the unique challenges faced by people working within the transport, warehousing, and logistics sector.

Founded by industry, for industry, everything we do is tailored and fit for purpose for the sector.

WHY?

- ▶ The sector has been ranked **19 out of 19** sectors for workplace mental health since 2017.
- ▶ **Burn out:** 31% of employees are reporting symptoms of burnout.
- ▶ **Psychological distress:** 32% of employees are reporting symptoms of high/very high levels of psychological distress
- ▶ **Employer influence:** 14.8% of employees said work made a positive impact on their mental health, demonstrating the vital role workplaces can play.

WHAT?

Healthy Heads creates and distributes resources specifically for the industry including but not limited to:



HOW?



To access our **FREE resources** and find out more about us, head to the Healthy Heads website www.healthyheads.org.au



Share our resources with your teams, contractors, customers and other industry stakeholders



Develop your own **Workplace Wellbeing Plan**



Download the **Healthy Heads App**



Join our **Community**