

Healthy Heads App Copy

Script 1 – Free support

With the free Healthy Heads in Trucks & Sheds App, help is in your pocket 24-7.

The App includes free and confidential mental health support you can access for yourself or recommend to a mate.

Just search 'Healthy Heads' in your App store today.

Script 2 – Resources

With the free Healthy Heads in Trucks & Sheds App, help is in your pocket 24-7.

You'll find handy mental health resources, exercises, wellbeing tips and more.

Just search 'Healthy Heads in Trucks and Sheds' in your App store today.

Script 3 – Exercise & Stretching

With the free Healthy Heads in Trucks & Sheds App, help is in your pocket 24-7.

You can find daily exercises and stretches that keep your body and mind feeling healthy.

Just search 'Healthy Heads' in your App store today.

Script 4 – Sleep tips

With the free Healthy Heads in Trucks & Sheds App, help is in your pocket 24-7.

You can learn tips for better sleep and wake up feeling more rested and energised.

Just search 'Healthy Heads' in your App store today.

Script 5 – Breathing exercises

With the free Healthy Heads in Trucks & Sheds App, help is in your pocket 24-7.

Take a couple of minutes for some guided breathing exercises that help you relax and recharge – anytime, anywhere.

Just search 'Healthy Heads' in your App store today.

Script 6 – Choose healthier & save

With the Healthy Heads in Trucks & Sheds App, free mental health support is in your pocket 24-7.

Plus, show the app at participating BP sites for discounts on the Choose healthier and Save menu.

Just search 'Healthy Heads' in your App store today.

Script 7 – Wellbeing check in

With the free Healthy Heads in Trucks and Sheds App, help is in your pocket 24-7.

You can do check-ins to track and improve your overall mental health and wellbeing, keeping things in balance.

Just search 'Healthy Heads' in your App store today.