



My colleague told me I saved his life that night. If you're worried about a workmate, **just check in. Don't overthink it.**

**Vikki**

Distribution Centre Manager



Scan the QR code or go to  
[healthyheads.org.au/ruok](https://healthyheads.org.au/ruok)

**Ask**

**RUOK?**<sup>TM</sup>  
inTrucks&Sheds

**No qualifications needed**