

Let's *drive* better mental health in transport



Employers must control the risk of mental health hazards at work

Mental health (psychosocial) hazards at work may include shift work, isolation, tight scheduling, low job control or exposure to traumatic incidents

Talk to your manager if you need support or for things to change

Need help now? Reach out to your GP or counsellor, or access free help 24/7 through:

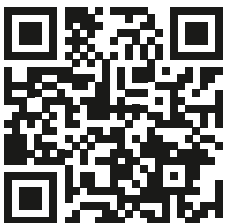
Lifeline Australia **13 11 14**

Suicide Call Back Service **1300 659 467**

Beyond Blue **1300 224 636**

Health in Gear **1800 464 327**

More information



Download the free **Healthy Heads App (Google & Apple)**, designed for the road transport, warehousing and logistics industry



See mentalhealthatwork.nsw.gov.au
Report unsafe work practices call **13 10 50** or download the **Speak Up Save Lives** app

Scan the QR Code to learn about your mental health obligations and rights