

A resource kit for allocators supervisors
and line managers of truck drivers

Driving Health Allocator Training Program

Healthy Heads in Trucks and Sheds

Useful for managers who want to
further train their employees in
management of mental health.

www.healthyheads.org.au



Steering Healthy Minds

Ensuring workers are safe and supported
through peer to peer mental health
support and first aid programs.

www.steeringhealthyminds.com.au

Heads Up

Provides tools and resources designed to
offer simple, practical and achievable
guidance to create better mental health
in your workplace.

Create a tailored action plan to help
define and prioritise your goals, identify
risk areas and take a step-by-step
approach to creating a mentally healthy
workplace.

www.headsup.org.au



Mindspot

A digital mental health clinic. Provides
free, anonymous assessment and
treatment for adults experiencing stress,
anxiety, depression, OCD, PTSD, and
chronic pain. Start with a 20-minute
assessment and get connected with
help.

www.mindspot.org.au / 1800 61 44 34

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<https://drivinghealth.net>
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connect with us



*The Driving Health Allocator Training Program has
been created by the Driving Health team at Monash
University.*

*We have put together a list of helpful resources for
allocators, supervisors and line managers to assist with
the health and wellbeing of truck drivers.*

OzHelp

A range of programs and services that
can help your team build resilience,
increase productivity and seek help
before there is a crisis. They also offer
counselling and support, whether work
related or personal, to help you feel your
best mentally and physically.

<http://ozhelp.org.au> / 1300 694 357



Anxiety & Depression Checklist

This simple 10 question checklist from
Beyond Blue measures how distressed
you've been recently, by identifying signs
of depression and anxiety.

After completing this checklist, you can
print your score to give to your GP.

www.beyondblue.org.au / 1300 22 4636

AUDIT – Alcohol Use Disorders ID Test

An interactive self-test to help in the
self-assessment of alcohol consumption.

There's 10 questions on alcohol use. The
total score prompts feedback to the
person and in some cases offers specific
advice.

<http://auditscreen.org/check-your-drinking>



Cardiovascular Disease Risk Calculator



Diabetes Risk Assessment



Find a GP / Health Care Provider

