

Driving Health Project

A resource kit for truck drivers

The Driving Health Project is led by Monash University and aims to develop evidence-based strategies to improve the health of Australian truck drivers.

We have put together a list of helpful resources to help support truck driver health and wellbeing.

Want to seek support from someone who "gets" truckies?

Health in Gear – confidential support services

These support services are here to discuss anything that is troubling you, such as financial issues, relationship problems, having trouble sleeping and feeling anxiety. No information will be passed onto your employer.

They also offer free roadside or distribution centre health and wellbeing screens via their Truckie Tune Up program.

www.healthingear.com.au/ **1800 IN GEAR**
(Health in Gear is a program developed by the OzHelp Foundation)



Want to download an app that's a one stop shop for truck drivers?

Healthy Heads in Trucks and Sheds app includes features such as:

- A self-check-in quiz to help increase self-awareness
- Access to resources to create greater resilience
- Tools to help better manage day-to-day life
- Access to urgent support services.

<https://www.healthyheads.org.au>



Want to check in on your mental health?

Beyond Blue – [Anxiety and 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.

<https://www.beyondblue.org.au/> **1300 22 46 36**



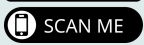
Mindspot – [A digital mental health clinic](#)

Provides free, anonymous assessment and treatment for adults experiencing stress, anxiety, depression, OCD, PTSD, and chronic pain.

<https://mindspot.org.au/> **1800 61 44 34**

Want to check in on your physical health?

Cardiovascular Disease Risk Calculator



Diabetes Risk Assessment



Find a GP / Health Care Provider



AUDIT: Alcohol Use Disorders ID Test



Want to read more about the Driving Health Study?

If you would like to find more about the [Driving Health Study](#) and read the findings of our research into the health and wellbeing of Australian truck drivers you can head to our website.

We also have a series of short webinars on our website under the ["News and Resources"](#) tab summarising our findings on topics such as:

- Driving Health & Fitness
- Driving Mental Health
- Driving with a Health Condition
- Muscles, Joints & Driving
- Driving through the Pain Barrier
- Driving through Fatigue

<https://drivinghealth.net/>



Do you need urgent mental health crisis support?

- **Beyond Blue** – This is a telephone counselling service available 24hrs a day, 7 days a week. www.beyondblue.org.au/get-support/ / **1300 22 4636**
- **Lifeline** – Trained Crisis Supporters available 24hrs a day, 7 days a week. www.lifeline.org.au/crisischat/ / **13 11 14**
- **Suicide Call Back Service** – This is a free nationwide professional telephone and online counselling service for anyone affected by suicide, available 24hrs, 7 days a week. www.suicidecallbackservice.org.au/ / **1300 659 467**
- **Mensline Australia** – This is a telephone counselling service available 24hrs a day, 7 days a week for men with relationship or family concerns. www.menslineaus.org.au/ / **1300 78 99 78**
- **Counselling Online** – This is a service that provides free online text-based counselling service to alcohol and other drug users, their family members, relatives and friends. It is provided by Turning Point, a substance use treatment centre. Available 24hrs, 7 days a week across Australia. www.counsellingonline.org.au

