

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

Driving Health Allocator Training Program



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 to allocators, supervisors and line managers with the health and wellbeing of truck drivers.

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



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



Steering Healthy Minds

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

www.steeringhealthyminds.com.au

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



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



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>



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

Cardiovascular Disease Risk Calculator



Diabetes Risk Assessment



Find a GP / Health Care Provider



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