



MONASH
University



Mental health and Aussie truck drivers

*"If you're out there... you're on your own all the time...
it's the isolation." Driver*

Key Findings



1 in 2 truckies have psychological distress



Drivers under 35yrs have
4x greater psychological distress
than drivers over 55



Increased hours worked
=
Increased psychological distress



Suicide - second leading cause of
death in drivers under 39 yrs



Truck drivers are **less likely** to access
mental health services when needed

Supporting Drivers



Have Strong Connections

For better mental health and coping
with complex demands



Maintain Friendships

Strengthening camaraderie with mates &
staying connected on the road helps
prevent fatigue



Actively Seek Help

Contact a trained professional to help
with feelings of depression and
anxiety

*"I got myself well with some professional help and a lot of help
from my partner... And I've learnt to deal with everything that I
was exposed to." Driver*

For support call: **Mensline (1300 78 99 78)**, **Lifeline (13 11 14)**, **Beyond Blue (1300 224 636)**,
or speak with your GP/ health professional.

Driving Health is a NHMRC Partnership Project (GNT1169395)
Co-funded by TWU, Linfox and Centre for Work Health and Safety