



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

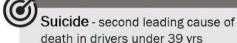
4x greater psychological distress than drivers over 55



Increased hours worked



Increased psychological distress





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



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)