



Mental and Physical
Safety on our Roads

Your MaP to Mental Health: Service Your Mind **DIGITAL RESOURCES TOOLKIT**



HOW TO USE THIS TOOLKIT

Digital media is a great channel to generate awareness within your organisation, industry and community about the importance of maintaining good physical and mental health as a worker on the roads. This toolkit and the supporting resources make a great road safety initiative relevant to drivers, schedulers, supervisors and owner-operators.

Over the following pages, Injury Matters has provided posters, a flyer, a wallet-card, ready-to-go posts and images for social media (including Facebook, Twitter and Instagram) and content for newsletters, emails and blog posts. Click on the images to download and copy and paste the content for your use.

WHO WE ARE

Injury Matters aims to prevent and reduce the impact of injury in Western Australia. We work to positively impact the community, committed to creating safer people and places. We raise awareness of injury prevention and recovery by providing education, advocacy, and support for those affected.

Injury Matters works across a range of current and emerging injury priority areas, including: falls, trauma recovery, community violence, substance-related harm and safety promotion. We influence, empower and collaborate with people, agencies, communities and governments for positive injury outcomes.



WHAT IS MAPS ON OUR ROADS?

MaPS on Our Roads is a state-wide project which seeks to improve awareness and knowledge among heavy vehicle operators of the importance of maintaining good physical and mental health as a road safety initiative.

In Western Australia, approximately 75% of serious road crashes are due to a simple mistake, a momentary lapse in attention or fatigue.¹ With heavy vehicles using an expansive network of roads in WA, coupled with an ageing workforce, addressing the physical safety and mental health among heavy vehicle operators is vital to help achieve a safer road network in Australia.

The MaPS on Our Roads project is delivered by Injury Matters and funded as part of the National Heavy Vehicle Initiative, administered by the National Heavy Vehicle Regulator on behalf of the Commonwealth Government.

Reference:

1. Road Safety Commission. Driving Change: Road Safety Strategy for Western Australia. Road Safety Commission 16, (2020).

PAST CAMPAIGNS:





YOUR MaP TO MENTAL HEALTH: SERVICE YOUR MIND

Heavy vehicle operators are valued contributors to WA and are relied on for our essential goods and services. But long work hours and being far away from family and mates can take its toll.

While work and life pressures can affect mental health, good mental health can improve alertness on the road.

Your MaP to Mental Health: Service Your Mind encourages drivers to:



Understand the signs of pressure before it builds.



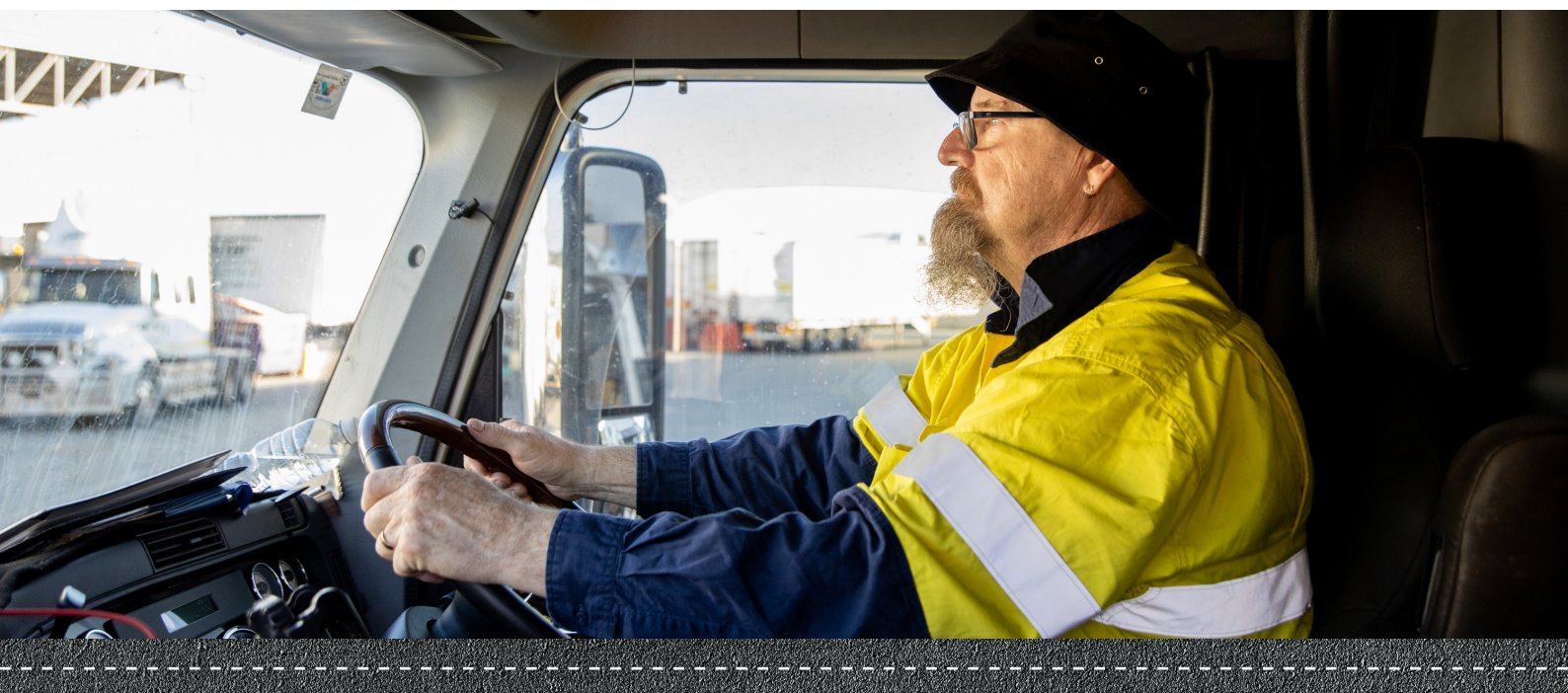
Know the tools to support mental health.



Connect with someone, like family or mates, or reach out for support through:

- A GP or health professional;
- An Employee Assistance Program (EAP); or use
- The MaPS on Our Roads eDirectory of services.

For industry leaders, consider and encourage contractors to have access to mental health supports provided to permanent employees, including access to a private and confidential EAP.



RESOURCES

MaPS on Our Roads resources can be downloaded [from our website here](#).

Poster

Posters can be printed and displayed around site – or contact Injury Matters for free professional printing and delivery.



Improve Your Alertness with Good Mental Health – A poster providing information on the options to support mental health.

Flyer

A great resource for introducing mental health at Toolbox meetings.



Service Your Mind - A two-page flyer providing information on:

- Work and life pressures;
- Where to go for extra support;
- How to talk to a mate; and
- Tips to improve mental health.

Wallet Card

Keep in your wallet or in the cab while you're on the road. Contact Injury Matters for free printing and delivery.



Work and Life Pressures Impacting Your Life? – A pocked-sized reminder of the signs of pressure and where to reach out for support. Contact Injury Matters for free professional printing and delivery.

eDirectory

This [eDirectory](#) can be used to find a variety of resources and services which are tailored to support mental health and some of the challenges faced by those working in the heavy vehicle industry.

[Act Belong Commit](#)

Act-Belong-Commit is a unique, evidence-based mental health promotion program applicable to the whole community. It was created in Western Australia, and has now expanded to other states and globally.

[EveryMind](#)

Every Mind is a leading national Institute dedicated to reducing mental ill-health, reducing suicide and improving wellbeing.

[This is a Conversation Starter](#)

A free text, chat and call back service connecting individuals seeking counselling services with qualified professionals.

Visit www.injurymatters.org.au/informationhub/edirectory for more organisations.

Mobile Apps

Check out these mental wellbeing apps which you can download from your app store:

1. [Smiling Mind](#): a free mindfulness app.
2. [Chats for Life](#): get tips on how you can support your mates with a chat.
3. [The Resilience Project](#): a daily wellbeing journal.

Email Signature

Adding an image to your company email signature is a great way to promote driver wellbeing.



Audio

This audio file can be downloaded for use by your business to promote driver mental health. Try adding to depot playlists, sharing on social media or integrating them into your driver education opportunities.



[Service Your Mind \(30 seconds\)](#)

EDUCATION AND TRAINING

Watch this space for upcoming training for:

[Your Map to Mental Health: Service Your Mind](#)

Exploration of mental health stressors; noticing the signs of pressure; understanding how to manage pressure; where to go for help.

Training

We have a range of presentations and workshops designed to improve and support the mental and physical safety of heavy vehicle operators in the workplace.

Our training has been informed and developed by:

- Evidence and research
- Input from heavy vehicle operators
- Input from freight, transport and logistics industries
- Injury prevention and recovery specialist staff

Workshops can be tailored to meet your workplace needs and timeframes. Have a topic you would like to discuss? contact us on 1300 004 814 (free call) or email info@injurymatters.org.au

Other topics:

- [Your MaP to Recovery: After a Road Crash](#)
- [Your MaP to Recovery: Supporting Staff After a Road Crash](#)
- [Your MaP to a Healthy Lifestyle: Fuel Your Body](#)
 - [Manage Your Medications](#)
 - [Nutrition](#)
- [Mental and Physical Safety on our Roads](#)



ENEWS | NEWSLETTERS | EMAILS | MEDIA RELEASES

You may like to use some of this wording to promote mental wellbeing within your organisation. It makes great content for newsletters, emails and blog posts.

Injury Matters is pleased to announce the third campaign under the Mental and Physical Safety on our Roads (MaPS on Our Roads) project, aiming to improve mental and physical safety amongst heavy vehicle operators, Your MaP to Mental Health: Service Your Mind.

In Western Australia, approximately 75% of serious road crashes are due to a simple mistake, a momentary lapse in attention or fatigue.¹

Injury Matters Recovery Support – General Manager, Christine Smith said, “Heavy vehicle operators are valued contributors to WA and are relied on for our essential goods and services. However, long work hours and being far away from family and mates can take its toll. Work and life pressures don’t always allow the right balance of mental and physical health.”

“We encourage drivers to access a range of support services, including informal, social conversations with family and mates, checking out the MaPs on our Roads eDirectory, as well as seeking professional advice,” she said.

Mental and physical health is of vital importance for workplace safety and for overall quality of life. Drivers need to be supported to stay alert on the road ahead and to make sure they come home safe at the end of each trip.

MaPs on our Roads emphasises the need for experienced health professionals to offer private and confidential support to drivers in the heavy vehicle industry.

Ms Smith said, “We wish to highlight the importance of the heavy vehicle industry ensuring all contractors and employees have access to private and confidential support.

“Our free resources – including posters, flyers and brochures – are available for download and delivery,” Ms Smith said. Presentations and workshops can be tailored to meet your workplace needs addressing how mental health can affect alertness when driving.

Program resources and information is available at www.injurymatters.org.au/mapsonourroads. The MaPS on our Roads project is funded as part of the Heavy Vehicle Safety Initiative, administered by the National Heavy Vehicle Regulator on behalf of the Commonwealth Government.

Injury Matters is committed to collaborating and listening to those within the heavy vehicle industry. If you or someone you know is working or has worked in the industry, contact us on 6166 7688 or email info@injurymatters.org.au

SOCIAL MEDIA POSTS

You can use the ready-to-go posts and images below on your Facebook, Twitter, and Instagram accounts. Remember to tag [@InjuryMatters](#) and like our [Facebook page](#). Download the social media posts by clicking on the images below or share some from our page!



Work and life pressures can affect your mental health on and off the road. Learn to catch the signs of pressure before it builds. Visit www.injurymatters.org.au/service-your-mind and stay safe on our roads. #MaPSonourRoads #MCdrivers #DGdrivers #WATRuckies



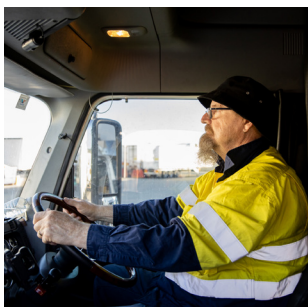
Alertness is vital for everyone on our roads. Good mental health can improve your alertness. Know the options to support your mental health by visiting www.injurymatters.org.au/service-your-mind #MaPSonourRoads #MCdrivers #DGdrivers #WATRuckies



Long work hours on the road can keep you away from family and your mates, which can affect your mental health. Learn to recognise the signs of pressure before it builds. Check out www.injurymatters.org.au/service-your-mind to find out how. #MaPSonourRoads #MCdrivers #DGdrivers #WATRuckies



Work and life pressures can affect your mental health. If you're feeling the pressure, reach out to your GP or health care provider for more information, or visit www.injurymatters.org.au/service-your-mind. Stay safe on our roads. #MaPSonourRoads #MCdrivers #DGdrivers #WATRuckies



Your truck can be a lonely place, with long work hours that keep you away from friends and family. If you recognise the signs of mental health pressure, you can take care of it before it builds. Visit www.injurymatters.org.au/service-your-mind for more information. #MaPSonourRoads #MCdrivers #DGdrivers #WATRuckies

CONNECT WITH US

Please contact us if you have any questions about the MaPS on Our Roads program or how you can get involved in Your MaP to Mental Health.

The MaPS on Our Roads team at Injury Matters is committed to collaborating, listening and co-designing – we want to hear from you!

Subscribe to our Injury Matters e-news to stay up to date with our latest resources and announcements, and join the conversation on our social media platforms.

Get in touch at:



injurymatters.org.au/mapsonourroads



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