



Level 2, 297 Vincent Street,
Leederville WA 6007

tel: 08 6166 7688 / 1300 004 814

email: info@injurymatters.org.au

web: [www.injurymatters.org.au
/mapsonourroads](http://www.injurymatters.org.au/mapsonourroads)



Mental and Physical
Safety on our Roads



Been involved in or affected by a road crash?

Injury Matters' Road Trauma Support WA Service offers free information, support and counselling to anyone who has been impacted by a road crash. The service is confidential and no referral is necessary.

Contact 1300 004 814

! **Recognise you
are doing an
important job!**

If you're feeling the pressure, reach out for support:

- Talk to a mate
- Speak with a GP or trusted health professional
- Use the MaPS on our Roads eDirectory of services

**For immediate support, call
Lifeline 13 11 14**

Access your Employee Assistance Program (EAP) if you have one:



WORK AND LIFE PRESSURES IMPACTING YOUR LIFE?

www.injurymatters.org.au



Mental and Physical
Safety on our Roads

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



Work and life pressures can affect your mental health.

Examples of pressures may include:

- Being away from those you are close to
- Pressure from the industry and regulators
- Tight deadlines
- Financial stress
- Lack of access to amenities and healthy food options
- Not much time to exercise or relax

These pressures can affect your:

- Family and relationships
- Energy levels and sleep
- Alertness and concentration

You might be feeling:

- Exhausted
- Angry
- Anxious
- Aggressive
- Frustrated
- Unmotivated

Look for the signs of pressure before it builds.

Good mental health can improve your alertness:

- Connect with someone, eg. family and mates
- Make time doing things you enjoy
- Take time to relax
- Make time to adjust: Give yourself space after a shift before you rush into life at home.

Know the options to support your mental health and know what “good mental health” looks like for you.