



Mental and Physical Safety on our Roads



App-solutely helpful

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

Smiling Mind

A free mindfulness app.

Chats for Life

How to support your mates with a chat.

The Resilience Project

A daily wellbeing journal.

Work and life pressures can impact your mental health

Heavy vehicle operators are valued contributors to Western Australia (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.

In WA, approximately 75% of serious road crashes are due to a simple mistake, a momentary lapse in attention or fatigue.¹ Mental and physical health is important for overall quality of life and for workplace safety – making sure you arrive safely at the end of the day.

Pressure, it all adds up

It is normal to feel the pressure from things like:



Being away from those you care about



Pressure from 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 impact your:

- Mood, such as feeling exhausted, angry, anxious, sad, aggressive, frustrated, unmotivated
- Family and relationships
- Energy levels and sleep
- Wellbeing

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

REFERENCE

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

Service Your Mind

Where to go for support

There are many ways to get support when you need it:



Talk to a GP or health professional if your concerns are ongoing.



Use your Employee Assistance Program (EAP) if you have one.



Search the MaPS on Our Roads eDirectory of services

Impacted by a road crash?

Reach out to Injury Matters' Road Trauma Support WA program, offering free information, support and counselling to those impacted by a road crash.

Call 1300 004 814.

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

Talk to a Mate

Talking about work and life pressure isn't always easy, but it helps when you have the right person to talk to. The key thing is to talk to someone.

Choose someone who knows you. Choose a mate who you have known for a while – and who knows you and what you are usually like. If you have been behaving differently (eg. less social) they might have already noticed.

Someone who respects others. The longer you have known a person, the more you may know if this is someone you can trust.



Ask yourself: Does this mate talk about others? Do they respect others' privacy?

Choose a time that suits you both, then decide what you want to say.

"I need to get a few things off my chest. Do you have a minute?"

"Mate, things have been a bit rough..."

"Are you free for a phone call on Sunday?"

It is okay to ask for what you need. Your friend will tell you what they can and can't provide. If you need support, continue this chat with your GP or a health professional.

@ info@injurymatters.org.au

📞 1300 004 814 (free call)

🖱️ injurymatters.org.au/mapsonourroads