

Free webinars by mental health expert Graeme Cowan for the transport industry

R U OK? Director, renowned author and mental health advocate Graeme Cowan has partnered with WorkSafe Victoria's WorkWell Program to deliver a four-part webinar series for the transport, warehousing and logistics industries. The series supports business leaders to create and facilitate a mentally healthy workplace using the WorkWell Toolkit.

The webinars cover the following topics:

1. Creating a mentally healthy workplace in the transport industry.
2. Reducing the risk of fatigue.
3. Understanding the risk of trauma and improving procedures.
4. Supporting the mental health of contractors and sub-contractors in transport, logistics and warehousing.

The WorkWell Toolkit is a free, voluntary online tool using a step-by-step approach to help employers to promote mental health and prevent mental injury in the workplace. The information within the Toolkit is tailored to specific industries.



“Those in the transport sector have been the unsung heroes of the COVID-19 crisis. They have been an essential service that has ensured everyone is able to eat and buy supplies during this volatile period.

It was a privilege to share resources and information to help them build the mental health of their workforces’.”

- Graeme Cowan
R U OK? Director

The transport industry in perspective:

- Transport drivers show a 7% higher prevalence in developing a mental health condition in comparison to other Australians.
- 65% of drivers work longer hours than recommended, impeding on work-life balance.
- The Victorian Coroner's Court concluded that the transport profession had the highest number of suicides, compared to other professions.

The WorkWell Toolkit contains practical resources, such as tip sheets, policy examples, case studies, and templates covering work-related factors that impact workplace mental health.

Graeme's webinars and the WorkWell Toolkit can be accessed here:
<https://www.workwell.vic.gov.au/workwell-toolkit-transport>